

Learn  
about protein  
and  
your body  
• Page 6



**Photographing England**  
Kensington's Dorothy Mayers  
will teach you 'on location'  
Story on Page 9

Teaching  
kids  
and parents  
about anger  
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# TIMES JOURNAL

Serving Albany - El Cerrito - Kensington - Thousand Oaks

ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, APRIL 21, 1982

NO. 28

## El Cerrito's subterranean wiring debate Cutting Boulevard still leads

GORDON RADDUE

EL CERRITO — Cutting Boulevard remains the favorite for designation as the city's next underground utility district, but Potrero has emerged as a formidable contender for the honor.

City Council Monday night adopted a resolution to give Potrero priority as the next underground project on May 3 at a hearing.

Original resolution, following a recommendation by the Underground Utilities Committee, would have established the Cutting area from Harvard Street to Kenilworth as the undergrounding site.

Dominantly pro-Potrero turned April 5 hearing, however, and Councilman Richard moved that the hearing be held.

Council voted unanimously in favor of the motion and directed the

Underground Utilities Committee to review the situation and make any recommendations for alternate sites to Cutting.

After a three-hour meeting last week, including close on-site studies of the impact of overhead lines and poles on the views from the respective streets, reaffirmed its earlier conclusion that the city would best be served by undergrounding on Cutting.

In passing along the committee's recommendation, city staff presented a resolution to the council allowing consideration of Potrero for the undergrounding project.

Should Potrero be selected over Cutting, the underground utility district would range from Arlington Boulevard to Douglas Drive.

So far public debate over the undergrounding issue has been one-sided in favor of Potrero, part of the reason being that many of the houses on Cutting are not owner-occupied, being rental units.

## Albany woman is raped

ALBANY — An Albany woman at UC-Berkeley's University was the victim of a rape early this morning.

Police Sgt. Archie Stirling said another village resident at 1:30 a.m. to report a woman being raped. Officers arrived to find the woman, who said she had been

to find a man in her apartment, and when he saw her watching him he leaped on her and raped her.

The man was carrying a small knife, according to reports. He was described as a black man in his 20s, about six feet tall and weighing 170 pounds.

The woman was alone in her apartment at the time, police said, because her husband, who is a UC-Berkeley student, was away.



— Times Journal photo by Chris Gilbert

Now listen to me...

El Cerrito's Zelma Lucoff, right, is shown here in a scene from "Fiddler on the Roof," the current production of the Contra Costa Civic Theatre which runs until early June. With her, from left, are Christalyn Brannen, Shayne Hammond, Julie Lester and Trudy Sheer. Story, Page 8.

## Crime drops in Albany

But fewer burglary cases were solved

By CARL ZABLOTNY

ALBANY — The Police Department's annual report, presented last week to the City Council, shows some types of crime here decreased in 1981.

The report also pointed out significant decreases in the department's ability to resolve burglary cases. Overall, there was a 2.8 percent decrease in the number of arrests during 1981 compared with 1980. All jail registry entries recorded during the year were classified as "arrests." The California Penal Code classifies an arrest as "taking a person into custody in a case and in the manner authorized by law. An arrest may be made by a peace officer or by a private citizen."

Juveniles made up 20.7 percent of the arrests last year, compared with 19.9 percent in 1980. Residents accounted for only 18.4 percent of all arrests, compared with 20.4 percent in 1980.

Capt. Mel Boyd and Lt. Gerald Martin, who are responsible for the annual report, said the public should not be overly concerned about the drop in the number of burglary cases solved.

They said the department sets priorities on the crimes it investigates, and last year concentrated much of its effort on investigating the Vila murders in Albany. As a result, manpower was taken away from other vital areas such as burglaries in the city, they said.

"There were a disproportionate number of homicides in Albany that redirected our efforts in the department," Boyd said. "The identification technician who would normally be involved in burglary cases was involved with the resolution of the homicides, as were other personnel."

Manpower was part of the problem, according to Boyd. When there was a disproportionate amount of crime in one area, personnel had to be reassigned to handle those problems. Other areas would suffer as a result, he said.

Decreases in other crimes were due to important community involvement, Boyd said.

(Continued on Page 2)

## Alleged killer Mark Flint jumps to death in S.F.

By JOHN ADAMS

EL CERRITO — Police have closed the books on the murder of a Redwood City woman after her alleged killer jumped to his death from the 36th floor of the Hilton Hotel in San Francisco.

The body of the victim, Mark Flint, 23, of El Cerrito, was identified by fingerprints. He had jumped from the building April 11, but was not positively identified until Friday.

Flint, who lived with his family on Santa Fe Avenue in El Cerrito, was an Oakland cab driver. He was sought by the San Mateo Sheriff's Department for the murder of Mel-

vina Freitas McGinnis, whom police said he had tracked for 10 years since the two first met at a home for troubled children.

Police said she had repeatedly attempted to convince him she did not care for him, but he continued with his obsession.

The woman and her husband, Patrick, were shot with a rifle as they slept in the bedroom of their Redwood City home two weeks ago.

Patrick McGinnis remains in stable condition.

Neighbors who identified Flint as the man they had seen prowling the neighborhood said he whooped in glee as he fled the scene after the

shooting. The suspect had a long history of trouble with the police, including a conviction for arson at Strawberry Canyon and at Eshleman Hall on the UC-Berkeley campus.

Police described him as very intelligent but a loner, and neighbors said he never spoke to them.

San Francisco police said Flint apparently used his rust-colored sweater to jam open an outer door to an open-air stairwell on the 36th floor of the hotel at O'Farrell Street and Taylor streets. He then jumped to his death about 5:10 a.m. Sunday.

## Newspaper seeks writers with ideas

New column in TJ

The Times Journal is starting a new column called "Open Forum," and we're looking for writers.

The idea is simple. If you'd like to comment on something happening in the community, the schools, city hall, the region or beyond, write to us.

Sure, you can already do this in a letter to the editor. But letters are generally short. The idea of the Open Forum is to offer an opportunity for a longer discourse on ideas. The limit is 50 words, which is three, double-spaced type written pages.

We know there are already a lot of

good writers in Albany, El Cerrito, Kensington and Thousand Oaks, because we get letters to the editor from lots of you all the time. But here's your chance to really get your teeth into an issue. Worried about inflation, environmental pollution, war, earthquake preparedness, crime, quality of education, quality of life? Write to the Open Forum.

Of course, we don't want to be negative. We also want to hear from you if you're pleased with something, or have constructive suggestions for how something could be made even better.

Let's hear from you. Write to Times Journal, 1247 Solano Ave., Albany 94706.

## Inside...

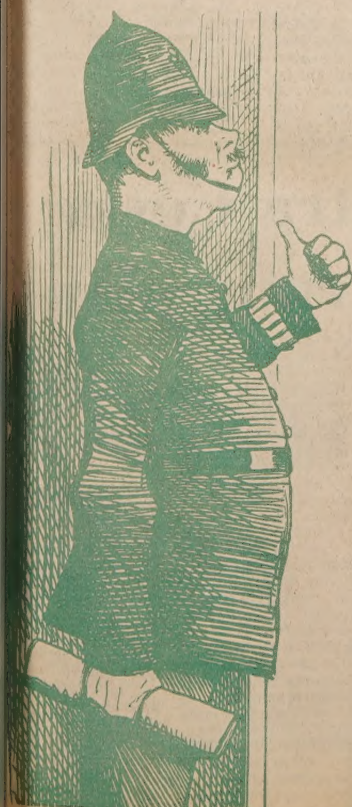
A visit behind the counter at See's Candy Page 3.

He cheers up hospital patients with his art Page 5.

Our food columnist talks all about protein Page 6.

Dog won't behave? This woman will help you solve that Page 15.

What's happening on the local business scene? Page 16.





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## Library sets quilt show

The Berkeley Public Library will celebrate National Library Week with a quilt show, storytelling, and an open house.

The north Berkeley Library, 1170 The Alameda, will host an exhibit of quilts and hangings from April 20 to May 1. The show will be open during library hours, Tuesday and Wednesday 12-8 p.m., and Thursday, Friday, and Saturday from 10 a.m.-6 p.m.

Other festivities for April 20-24 include a children's quilting session. Children contribute a fabric patch in the shape of their hand to be made into a hanging for the library.

An open house will be held Saturday, April 24. A quilting exhibition will start 1 p.m. At 2 p.m. a machine patchwork demonstration will be given. At 3 p.m. will be a quilt sharing session, and the film 'Quilts in Women's Lives' will be shown at 3:30.

An evening of storytelling for adults with Berkeley storyteller Nancy Schimmel is set for Wednesday, April 21 at 7 p.m.

For more information, call 644-6850.

## Summer jobs for teens

ALBANY — The Albany Unified School District will run a summer youth employment program for CETA-eligible students in Albany, Emeryville and Alameda.

For more information, contact Al Radford at the Albany High School business department, phone 525-7131, ext 37.



Service with a smile

Members of Junior Girl Scout Troop 2962 received lunch at St. John's Senior Center in El Cerrito. Shown passing out coffee are (from left) Hannah Story and Sarah Wolderman. Aileen Anderson (left), Laura Johnson and Mari Cisi thank the young waitresses, who also performed a dance.

## Some Albany crime decreased in 1981

(Continued from Page 1)

"We have a fairly alert and responsive community," Boyd said. "They are attuned to their neighborhoods and have no apprehension in calling us if a problem arises. That certainly works to our benefit."

Boyd said that given Albany's geographic location and the number of people working in the police department, he was content with the overall report and the work that Albany officers were doing.

According to Police Chief James Simmons, the public wants the police to protect it and the Albany Police Department has not cut back on its services, despite cut-backs in other areas.

"We are still providing full police services," Simmons said. "Other departments are cutting back — they aren't even arresting people on outside warrants anymore."

Overall, police officials said they were more than pleased with the work that the department was doing and looked forward to ways of keeping crime down throughout the year.

In terms of the types of arrests, 70.8 percent were for misdemeanors, 29.2 percent for felonies. In 1980, 74.5 percent of the arrests were for misdemeanors, 25.5 percent for felonies.

There were 48 reported robbery offenses in 1981; there were 57 in 1980. There was an increase in the clearance rate of robberies last year, from 50.8 percent in 1980 to 56.2 percent in 1981.

The average loss in an Albany robbery amounted to \$738.62 in 1981 compared with \$1,129.98 in 1980. On the national level, only 24 percent of all robberies were resolved with a national average loss of \$607 per incident.

In 1981 there were 134 reported residential burglaries, compared with 150 in 1980. However, the department cleared

significantly fewer of those burglaries, from a 41.3 percent level in 1980 to 30.6 percent in 1981. The average loss for each incident was \$870.47, compared with a \$672.85 loss in 1980. The national clearance rate was only 14 percent, an average loss of \$870.47 per incident.

There were 103 commercial burglaries in 1981, compared with 127 in 1980. The department also solved fewer cases. The 1980 clearance rate was 36 percent; the 1981 rate was 36 percent. The average loss per case was \$665.35 in 1981 compared with \$665.35 in 1980.

One of the few areas in which there was a significant increase in Albany was in the number of murders committed. While there were no reported murders in 1980, there were four in 1981. Those murders remain unsolved.

Albany remains one of the counties with remarkable stability in its crime rate. There were no changes in sworn officers in the department in 1981 or 1980. Staff remains constant with 28 sworn officers, including 14 patrol officers.

Here is a breakdown of Albany crime in 1981:

Crime	1980	1981
Arrests	1,580	1,567
Felonies	406	458
Misdemeanors	1,174	1,109
Major offenses		
Murder	0	4
Kidnap	2	2
Rape	4	4
Attempted rape	0	0
Theft offenses		
Total robbery	57	48
From persons	37	28
From businesses	20	20
Total burglaries	355	306
From business	127	119
From residence	150	187
From vehicle	78	19
Grand theft	91	11
Auto theft	102	67
Auto theft recovery	61	5
Petty theft	275	23

## Contra Costa anti-crime plans

By NORMAN COLBY

Contra Costa County hopes to train a small army of citizens and law enforcement officers in crime prevention as part of a broad campaign to combat a rising crime rate.

The county's battle plan is described in an anti-crime "platform" adopted unanimously by the county Criminal Justice Agency for submission to the Board of Supervisors.

The platform, unveiled last week, was the outgrowth of a two-day hearing in October on the county's rising crime rate, which some speakers said is aggravated by public apathy and decline of the family.

As outlined by the platform, a coordinating center will help 18 existing crime prevention committees increase membership and create five new groups to serve high-crime areas not

yet selected. North Richmond and Richmond, which do not have crime prevention committees, may be among the latter.

Among the 18 communities that already have crime prevention committees are San Pablo, El Cerrito, El Sobrante, Fairmeade and Hercules.

A \$63,000 state grant has been earmarked for establishing the center and for training during the first year. Future financing is expected to come from private contributions, according to the platform report.

The anti-crime resource center, the report said, is intended to train 200 citizen and law enforcement members of local crime prevention committees and boost their membership by at least another 100.

The center will be located in the offices of the countywide crime prevention committee at Diamond Blvd., Contra Costa County.

The center will help committees assess needs and design programs such as delinquency prevention and disorderly conduct, the report said.

"The committee demonstrated that we can work with law enforcement to deal with residential burglaries," the report said.

"Neighborhood groups originally organized for this purpose have been addressing community problems in juvenile vandalism, drug activity and victimization."


It said, however, that these groups need "additional recruitment, training and technical assistance."

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Ruby Yarnell works amid a small sea of chocolate

—Times Journal photo by James Pease

## Every kid would like her job

### She's the candy lady at See's

By ELIZABETH FERNANDEZ

L. CERRITO — Ruby Yarnell's job is a youngster's dream, a dieter's nightmare, a nutritionist's curse.

Yarnell works at See's Candies, a nutritionist's curse. Yarnell's job is a youngster's dream, a dieter's nightmare, a nutritionist's curse. Yarnell works at See's Candies, a nutritionist's curse.

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all several times.

Actually, for several weeks every year, Yarnell is so busy she simply doesn't have time to eat the candy.

Recent weeks in particular have been frenetic at the shop as customers stoked up on chocolate for Easter. The day after Easter, too, is traditionally hectic.

"The day after Easter the candy is half off," Yarnell explained. "The people are waiting at the door for me in the morning."

Rocky-road Easter eggs were most popular this year, she said, with chocolate butter eggs finishing a close second.

She deftly flicked a piece of bordeaux candy onto a frilly paper cup with accordion sides. The candy is put in paper cups, she said, to prevent it from being handled by the saleswomen.

Mary Sees, who started the chocolate empire, was a fussy foundress, Yarnell said. "Cleanliness and freshness were her mandates."

"They are very particular," she said. "The place is supposed to be immaculate."

A bucket of water is placed in the backroom of the shop. Employees are supposed to scrub before they handle any candy, she said.

Along with the water bucket, the back room is loaded with cardboard boxes of fresh candy.

Other boxes, full of tiny chocolate sprinkles and nuts — the cast-off pieces of candy — line one shelf of the storeroom. The scraps and broken pieces are weighed each week and sent

back to the store so the company can measure its spillage, Yarnell said.

Candy is trucked twice a week to the outlet and rotated regularly to insure freshness.

Some candy, like butter creams last just five days. Other types, especially the caramel "chews" can last several weeks, she says.

Yarnell, a native of Louisiana, has been married for 38 years to Leo Yarnell, a retired Richmond firefighter, who does all the shopping and cooking. They have three sons.

Her children, she says, like chocolate but don't get it often.

"But I like to give it them too much," she says. "They'll get fat like their mother. This is a terrible place to come when you're trying to lose weight."

Her store does a lot of "special packing," Yarnell said. Many customers specially order boxes of candy instead of purchasing pre-selected and packaged boxes.

One such customer walked in, Yarnell picked up an empty pound box and waited with it, her hand poised over the chocolate as the customer walked up and down the display, his face screwed in concentration as he made the difficult selection.

"I'll have one peanut brittle," he said, and Yarnell obligingly picked up a candy and placed it in the box. "One almond square, a butter-scotch, a coconut cream, no make it two, one maple walnut..."

## BART parking fines are hiked

EL CERRITO — Bay Municipal Court has raised the bail for parking citations issued in the preferential parking areas surrounding BART's Del Norte station. Mayor James E. Allen, Jr. and Police Lt. Carl Honea listed the increase last month to cover the cost of enforcement in the restricted area and to induce compliance with the higher bail.

The bail previously was \$10. The City Council enacted an ordinance in February listing four-hour parking limitations to relieve the flow of parking by BART patrons into the residential neighborhood around the station.

The ordinance also allows local residents to obtain preferential parking permits guests to make them exempt from the restrictions.

Since the expiration of a 10-day grace period before policy went into effect, city parking enforcement offi-

cers have issued more than 160 parking citations. Preferential parking permits have been issued to 152 local residents at a fee of \$5.

### Trio plans concert

Trinity Chamber Concerts presents The Lark String Trio on Sunday, April 25, at 3 p.m. in Trinity Chapel, 2320 Dana St., Berkeley.

Their program will include Mozart's Divertimento in E-flat, K 563; Gordon Binkerd's Trio for Strings; and an arrange-

ment (by Joseph Gold) of Charles Alkan's "Le Festin D'Esop." Members of the trio are violinist Joseph Gold, violist Bernard Palmer and cellist Sam Scott.

A \$5 donation is requested; \$4 for students, seniors and handicapped. Trinity Chapel is wheelchair accessible.

### Class aids parents

ALBANY — A parent education workshop meets Tuesday evenings, April 27 and May 4, from 7:30 to 9 p.m. at the YMCA, 921 Kains Avenue.

The group will focus on communication skills, discipline, and the role of the parent.

It is sponsored by Family Services of Albany, and pre-registration is required. Call 525-9110.



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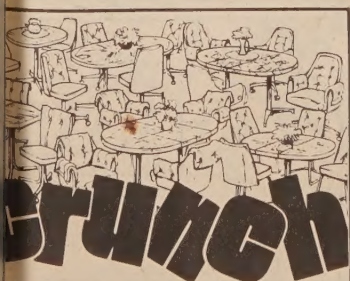
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## Briefs

### Some El Cerrito names in the news

EL CERRITO — Elizabeth Lowe, a retired local physician, will show a group of paintings at the El Cerrito Library during the month of May. Since her retirement she has studied art at Laney College and at CCAC.

The collection will be on view at 6510 Stockton during library hours.

Navy Builder 3rd Class Frank O. Spillman, whose wife, Anna, is the daughter of Barbara Hersey of El Cerrito, recently deployed to the Caribbean.

He is a member of Naval Mobile Construction Battalion Four, Port Hueneme, California.

Pamela Shaw of Albany is a member of the graduating class of Ricks College, a junior college in Rexburg, Idaho. She is the daughter of Thomas F. Shaw.

Marisa Gardella, the Kensington 6th grader whose essay on the American flag won the Bay Area Elks Association contest, is back in the news. Gardella was chosen as one of the three top girls in the contest.

### Klaver plans fall wedding

ALBANY — Sonja Klaver, a 1976 Albany High School graduate, has recently completed a B.A. degree in business economics and physical education, the latter with an emphasis on working with handicapped children, at UC-Santa Barbara.

She is the daughter of Sita and Rudy Klaver of Albany. Klaver plans to remain in Santa Barbara and is looking forward to a September wedding.

Her fiancé, Michael Drown, is the son of Tom and Donna Johnson of Lodi.

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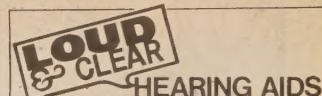
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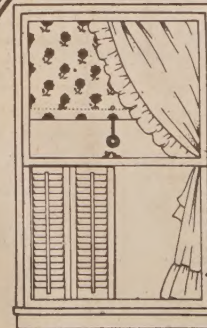


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# Feel bad about feelings?

## Swallowing anger can make you sick

By ROBERTA ALEXANDER

**A**LANY — Any parent will tell you that sometimes children won't eat this, won't wear that, won't go to sleep and won't use the toilet. They also step on the cat, punch the baby and steal change from Mom's purse.

One way to cope with all this is to stay smarter than the kid. For the last five years, Albany Children's Center and UC-Berkeley's child-care program have presented a series of workshops for parents on subjects ranging from "Sleep - theirs and yours" to "Lying, Stealing and Cussing."

Led by local therapist Sheri Glucoft Wong, the workshops are held Monday evenings from 7:30 to 9 p.m. at the children's center in Albany Village. Childcare is available by arrangement (call 525-2800 by Monday noon).

The subject at a recent session was "Guilt, Anger and Other Nasty Feelings." Wong, a licensed clinical social worker, talked about each feeling and then opened up the discussion among the dozen and a half parents in attendance.

"Parents get in trouble because they control their anger, not because they don't control it," she said. "When parents feel overwhelmed by anger — particularly its vehemence and abruptness — it's often because they haven't expressed their anger when it was mild, when it was irritation, aggravation, annoyance."

She cited an example of a mother drinking a cup of tea while her four-year-old banged pot lids together: "Those lids are from your best Farberware, and it's annoying, but you don't want to interfere; after all, the kid is making music and expressing himself."

Soon, however, the child starts banging the lids on the

Sheri Glucoft Wong  
Parent power

— Times Journal photo  
by Chris Gilbert



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## April Garden Tip

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table top — "the oak table that you refinited said — and then bangs them on a lamp."

"So you shriek at the child, and then say don't know where the anger is coming from."

The lesson in that, she says, is that "you can anger. Most people are allergic to it."

According to Wong, the parental tendency mild anger is so pervasive that many people are aware of being irritated. She said that she group of parents home from a workshop to ask how they knew when their parents were

"If a kid does something wrong and feels bad, that's conscience. It's an appropriate response doing something wrong, where guilt is a misguided conscience."

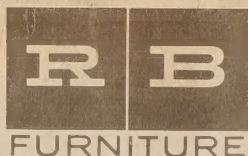
"Some of the parents were astonished. They said they stamped their feet or their faces turned red. The parents weren't even aware of it," she recalled. Another problem in dealing with anger, she said, is that parents sometimes use the language of anger. "I'm very angry at what you've done" — it's in a neutral tone of voice.

She said that children understand anger in ways: some are visual ("they have to see the anger in your face"); some auditory ("they need to hear in your tone"); and some are kinesthetic ("they need to feel the anger").

"Generally nature matches you and your anger," she said.

"Anger is natural feeling. The question is how to deal with it. Kids must be taught how to express anger constructively, and it's something they must be taught. Spelling or cleaning-up. The 'natural' way to deal with anger is to have tantrums or to model themselves on other people's anger," she said.

(Continued on Page 10)



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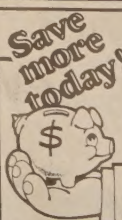
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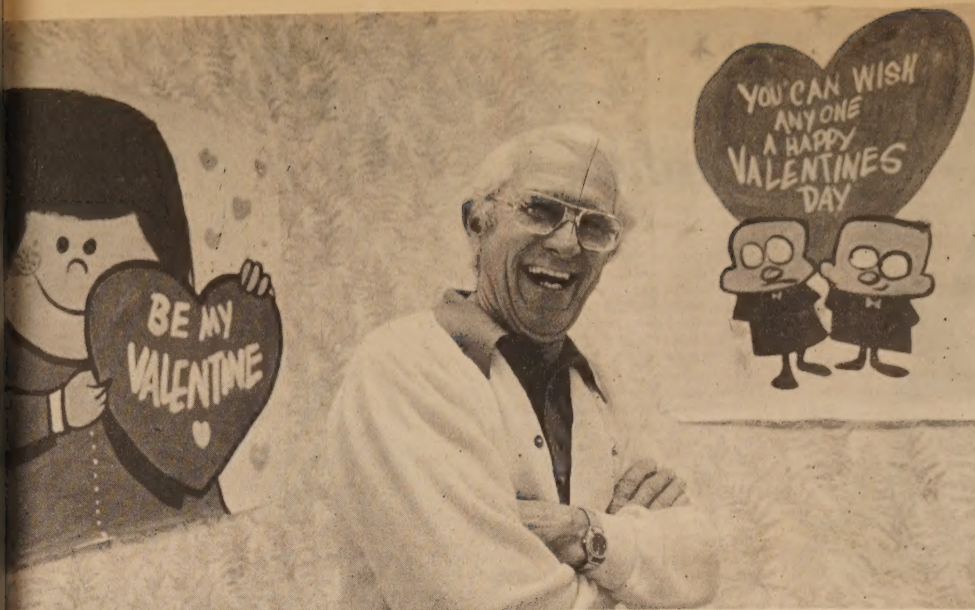
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— Times Journal photo by Chris Gilbert

Dick Silva draws a happy face

## Dick Silva: hospital's just gotta have art

By ROBERTA ALEXANDER

ALBANY — When Dick Silva isn't cracking jokes, he's drawing pictures.

But Silva, 64, wasn't feeling so chipper a year when he had a stroke. The former commercial artist was a patient at Alta Bates-Albany Hospital for a month, and is now a member of the stroke patients support group.

Last Christmas, Silva, a resident of the nursing home, thought that the patients' activity room looked a little bare. Recreation therapist Margaret Buonaccorsi hung up decorations, but Silva didn't think they had enough pizzazz.

So he whipped out his brushes and soon the walls were festooned with bright cartoon-like characters and illustrations. A former art major, Silva spent 11 years as an advertising artist, and he enjoys keeping his hand in.

Christmas was followed by Valentine's Day and by Easter, and Buonaccorsi's pile of holiday decorations continued to grow. Right now, Silva is thinking about illustrations for Mother's Day and Father's Day.

"It makes me feel good to do this," Silva said. "I've been here, so I know how these people feel, and if I can do anything to cheer them up, that's great."

## Mail bag

### A fan of the paper

I wish to compliment the Times Journal staff and management on the recent changes. Editorially, the paper looks better than

ever.

It's wonderful to once again have your paper interested in genuine local news reporting and with a full staff to accomplish that goal.

Keep up the good work.  
Carol Walker  
Albany

### Sumer plans for tots

KENSINGTON — Children between the ages of 2.9 and 8 years may attend Kensington Nursery School Day Camp during the months of July and/or August.

The program will include swimming, music, sports, culture, painting, cooking and printing. Skills will be developed in reading and math and there will be field trips.

Kensington Nursery School Day Camp will have four two-week sessions: July 6 to 17, July 19 to 30, Aug. 2 to 13 and Aug. 16 to 27. Please register by May 14.

Call Kensington Nursery School at 524-7963 for more information.

### Library sets book sale

The Oakland Public Library Association will hold its annual book sale Friday, April 23, from 10 a.m. to 8 p.m., Saturday the 24th, 10 a.m. to 5 p.m., and Sunday the 25th, 10 a.m. to 1 p.m., at the old firehouse, 14th and Grove streets.

For more information call 444-2489 or 271-7725.

### Girl needs foster care

A foster home is needed for a four and a half year old Oriental-Mexican girl whose mother and father are both in prison. The parents plan to have the child returned to them once they are released.

Leah (not her real name) is a shy child who will need a lot of attention to help her prepare for kindergarten in September. At present she is in a pre-school program. Leah did not receive much training in self-care and will need a program for personal hygiene. This child has been away from her parents only six weeks.

To learn about becoming foster parents to children in need of a home, call the Alameda County Social Services Agency at 874-5527.

The payment for board and care of children ranges from \$230 to \$311 per month depending on the child's age. This payment is to meet all expenses except medical care, which is covered by Medi-Cal.

## Briefs

### Library wants your pets!

EL CERRITO — To celebrate National Library Week, the El Cerrito Library is planning its Second Annual Caged Pet Show on Thursday, April 22 at 3 p.m.

All pets must be in cages or carriers, and children should register their pets one week before.

Pre-school story time for children is held on Tuesday afternoons at 1:30 p.m. Parents and teachers should register one week before.

For information, call 526-7521. The El Cerrito Branch of the Contra Costa Library System is located at 6510 Stockton Ave. Hours are Monday and Thursday from noon to 8 p.m., Tuesday and Wednesday from 10 a.m. to 6 p.m., and Friday and Saturday from 1 to 5 p.m.

### Eat, learn about Italy

THOUSAND OAKS — "Italy, The Land and Its People" will be presented by Ray and Alice Buchholz at the Wednesday Community Dinner at Northbrae Community Church on April 21.

Dinner is served at 6:30 p.m. followed by meditation in the chapel, at 7:10, and the travel program at 7:30.

The menu: vegetable salad, cannelloni Milanese, rice, buttered peas and celery, French bread, and butterscotch creme. Dinner costs are: adults, \$3, children, \$1.50.

The church is located at 941 The Alameda, in North Berkeley. Call for reservations at 526-3805.

### Tennis aid for over 30s

CONTRA COSTA College will again offer an early-evening tennis class for adults beginning Tuesday, April 27.

This six week class meets Tuesday, Wednesday, and Thursday evenings from 5-7 p.m. on the college courts.

Beginners are welcome, and intermediate players will receive help in correcting trouble spots in technique or faulty court strategy.

Enrollment will be taken at the first session. Students should bring rackets, and wear tennis shoes and comfortable sports clothing.

Like all Contra Costa College classes, "Tennis Over 30" is free and open to all Contra Costa County residents.

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## Briefs

### New deadlines for Times Journal

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The news deadline for all materials for the Wednesday edition is the previous Thursday at noon.

The news deadline for the Sunday edition will be the previous Monday at noon.

Remember, deadline means exactly what it says: if your material reaches us after that time, it's "dead" and won't be used for the next edition.

### El Cerrito church slates

#### dance-a-thon for Somalia

EL CERRITO — The Sycamore Congregational Church of El Cerrito will sponsor an eight-hour dance-a-thon on May 28-29 to benefit the people of famine-ravaged Somalia, East Africa.

The church said the event will be held in response to a request made to the Bay Area late in 1981 by the Emergency Relief Fund of the International Citizens' Committee, which includes Dianne Feinstein, Joan Baez, Cyril Magnin, Van Amburg and others.

The church will ask individuals or groups to pledge certain amounts of money per hour for every 25 couples that dance for an hour.

"We are a small Japanese-American church and believe that our grassroots effort will instigate other grassroots efforts throughout the Bay Area," a church spokesperson said.

For more information, call the church at 525-0727.

## Speaking up



— Photo by Luoma Photography

Michelle Riggio (right), Albany High School senior, won the first level of the Lions Club student speakers contest. She spoke on freedom of the press. Bill Wilcutts (left) was the evening's chairman, with Charles McCain as co-chairman.

## Pot luck with Olga Bier

### Building blocks of life



Protein — the word comes from the Greek and means "in first place" or "coming first." Every cell in your body contains some protein. With it, the body forms new tissues, replaces worn out ones, regulates certain body processes, and provides energy. That's just for starters.

One half of the dry weight of our body is protein and while we need it for our very lives, it has been determined that we actually eat at least twice as much as we need. What many people do not know is that you can get fat eating too much protein. Excess protein is of no use except as energy or a source of calories.

Our need for protein grows from infancy to around age 20 when it reaches a fairly constant level. After that, our need decreases. Mind you, it never disappears. In fact, many older folk are found to have too low a level of protein intake due to poor eating habits based on social isolation, economic restrictions, or physical disabilities. Whatever the reason, we adults should all examine our daily foods and determine if we are over or under our requirements. Remember, we need only two servings a day. One serving is 2 oz. of cooked meat, fish or poultry, or 2 eggs, or 1/2 c. cottage cheese, or 4 T. peanut butter. That's one serving; we need two. Think about what you ate yesterday. Chances are you had more than 2 servings. That's fine only if you are pregnant. Or want to gain weight.

My nutrition prof used to say we have the best-fed sewers in the world because we cook with too much water and then pour it down the drain. Jane Brody in her Nutrition Book says, "Americans excrete the most expensive urine in the world." That's because if we eat more protein

than we need, the excess nitrogen in the protein is excreted as urea. It seems as if we need to stop eating protein in many ways!

### Food combinations

Probably one of the most practical ways to save money on food is to combine inexpensive foods with quality foods. Through better use of vegetable protein. Animal protein is expensive. But serving vegetable proteins (which are less expensive) with a small amount of animal protein is the way to get the most out of your money.

The richest sources of vegetable protein are beans and dried peas and beans. Then come nuts, grains. Rice and lentils, cheese on pasta, cereal, noodles and tuna, tortillas with beans and cheese are the world's foods of life.

### Juanita Z. writes;

I recently read a book about a man from Afghanistan. He wrote about a dish called pilaf. You tell me how to go about making this?

### Dear Juanita,

Pilaf, or pilau or pilaf as it is sometimes called, is a staple dish of the mid-eastern countries and is a good example of what I have been discussing about protein.

Here is basically a grain dish of barley or rice, raisins, nuts, onions, and spices and can be served with or without meat — lamb or chicken is used if meat is desired. Nutritionally, it combines the amino acids of grains with those of the nuts with a little animal protein. The missing amino acids of one food are completed by the others. The result is a protein dish that is tasty, too. Besides that, the variations are endless. I'll give you a few.

Here's one with my variations from the Cookbook of the United Nations for you to try. I hope you'll try it. Thank you for giving me the excuse to offer it. I'll give you more of my recipes to enlarge our gastronomic horizons.

### Afghan Pelau

Combine in a large pan, cover, and simmer until tender (1 hour or more):

6 lamb shanks (remove as much fat as possible)

1 small onion, diced

3/4 t. salt

Just enough water to cover

Remove lamb from broth. Pull apart (shanks) and saute in butter until brown. Remove from pan and set aside.

Use more butter if needed and saute in same pan:

1 chopped onion

Add:

1 t. ground cumin

1 t. ground cardamom seeds

1 c. rice

1 c. bulghur (cracked wheat which can be found under the brand name of Alia)

4 c. broth in which lamb was cooked

Cover and simmer until grains are done and have absorbed all the broth. (About 20 minutes)

Combine with the sauteed lamb and place in a proof serving bowl. Toss with 1/2 c. raisins, grated pine nuts, and toasted pine nuts. Cover and heat 325° for 15 minutes or so and serve with steamed cauliflower, fruit compote of melons and grapes topped with cream. There's your meal for 6 or 8 complete with the best of foods. A tasty and inexpensive way to travel to Afghanistan. And in these times — safer too!

Olga Bier is a teacher, author and home economist who teaches at Contra Costa College. Anyone with questions or suggestions for this column may write to her care of the Times Journal, 1247 Solano Ave., Albany, CA 94706. Please enclose a self-addressed, stamped envelope for reply.

### She's calling all kayakers

Ann Dwyer, owner of California Rivers and white water accessories, will share her experience on a solo kayak trip from Hoover Dam to the Mexican border on Thursday, April 22 at 7 p.m. at the REI Co-op.

The Co-op is located at 1338 San Pablo Ave., Albany. For information call Georgia Zurligen at 525-0727.

### Mary Zichichi

formerly with "Giovanni" and "Supercuts"



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## Children's Summer Music Program

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For information call:  
Frances Pemantle 845-0876  
Jennifer Holland 524-1038

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### Class of '72 sets reunion

ALBANY — The Albany High School Class of 1972 will hold its 10-year reunion on Saturday, May 22, at the Concord Inn, 1401 Willow Pass Road.

Price is \$20 per person, with a no-host bar beginning at 7 p.m. Dinner will be at 8, with dancing until 1 a.m. Reservation deadline is April 25.

Class president Robert Allen and Kathy McKenna Greer are in charge of the party. Call them with information on classmates or for reservations: Bob Allen, 852 Coventry Lane, Fairfield 94533 or Greer at 321 Scottsdale Road, Pleasant Hill, 94523 (671-0256).



— Photo by Lensart Studio

Albany High School principal Jim Walker was in the top 10 percent of 1200 middle-management school administrators completing the Management Performance Credential at the Center for Leadership Development. The center sponsors seminars, which require 200 hours of graduate level classes, throughout the state.

## Principal student

Let us know...  
If your school, club or church is having an event, let us know.

### Walker's Pie Shop & Restaurant

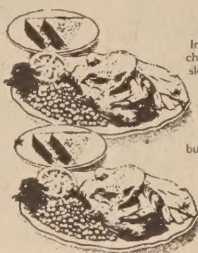
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## On assignment

Airman Jason E. Dugan, son of Jim and Kathleen D. McGee of Stannage Avenue, Albany, has been assigned to Chanute Air Force Base, Ill., after completing Air Force basic training.

— Photo by Luoma Photography

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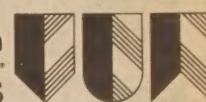
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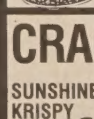
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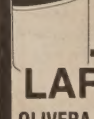
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## Note change in deadline

Beginning with the Sunday, April 18 edition of the Times Journal, the club news will run on Sunday rather than Wednesday.

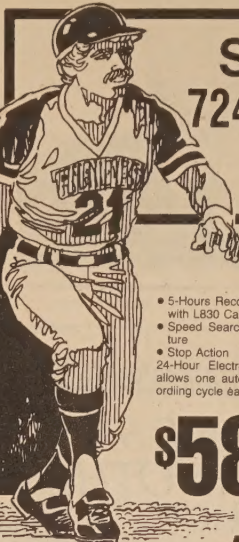
All news of club activities should therefore be turned in at 1247 Solano Ave., Albany by Monday at noon for the following Sunday's paper.

## Meal deliverers needed

ALBANY — Meals on Wheels needs to deliver food to the ill and elderly in the city of Albany. It takes about one hour to pick up and deliver several luncheon meals.

The food is prepared and picked up at Alta Bates Hospital in Albany. One hour, one day a week is all that is needed. If you are interested, call Velma Grasso, coordinator, at the Albany Senior Center at 644-8500.

## ZENITH SALES & SERVICE

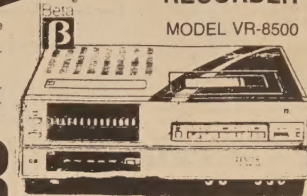


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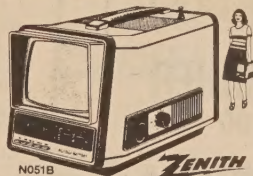


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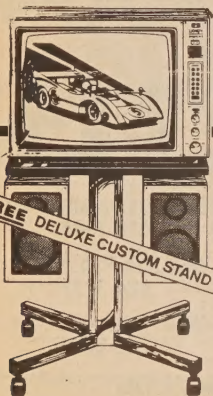
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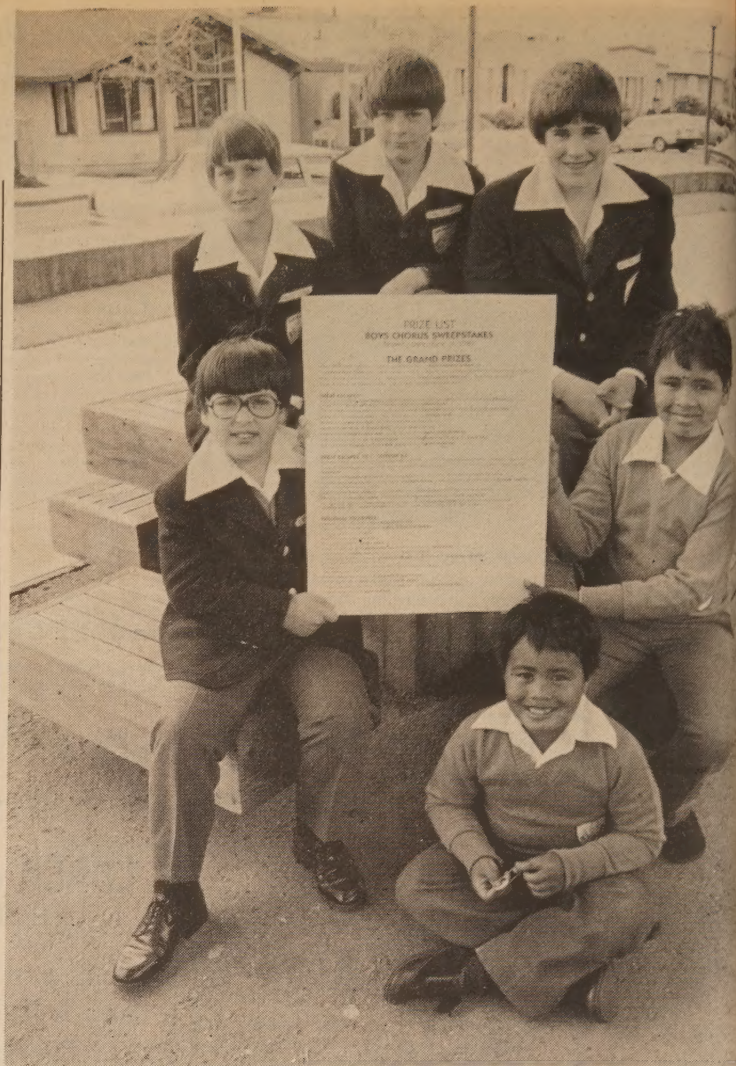
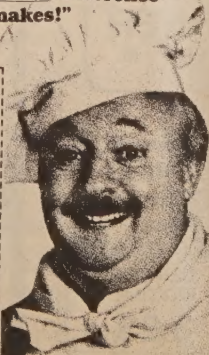


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**In the cereal section.**

**20¢**



## Sweepstakes song

Members of the San Francisco Boys Chorus are selling tickets (\$2 each) for their fourth annual sweepstakes. Local chorus members involved in the sale include (back row, from left) Scott Thomson, Sebastian Frey and Justin Pudley; (front row, from

left) George Somers, Paul Impang-Lozada, Anthony Impang-Lozada. Prizes range from to hamburgers. The proceeds from the sweepstakes are used for scholarships and travel expenses for the concert tour to Italy. For information call 5033.

## Vaccination hours change

The Alameda County Health Care Service Agency's Easter health center, at 88th Ave. and MacArthur Boulevard in Oakland, has changed the hours of its immunization clinic.

New hours are Wednesdays 8:30 a.m. to noon.

Vaccinations for diphtheria, cholera, typhoid, measles, mumps, poliomyelitis, rubella, tetanus and whooping cough are available at the clinic.

There is a minimal fee for immunizations. For further information, call the Eastern Health Center, 577-1700.

## Volleyball for adults set

ALBANY — Albany P.T.A. Volleyball, formerly known as Albanian Volleyball League, now has an expanded schedule.

Friday night games are bi-monthly as follows: April 23, May 7, May 21, and June 4, played from 8 to 10 p.m., at Albany High School Gym, Key Route Blvd. at Thousand Oaks Blvd.

Summer games will be played Sunday afternoons in Memorial park on the grass. Games are friendly, and non-competitive.

P.T.A. membership is \$2, but is not mandatory. For more information call 524-9702 or come to a game.

EL CERRITO — The Contra Costa Civic Theatre's production of the poignant musical comedy "Fiddler on the Roof," based on the stories of Sholom Aleichem, will run each weekend through June 5.

The production stars Martin Gerber as Tevye, the philosophical milkman who gently reflects on the trials of daily life in his poor village as he attempts to marry off his five daughters and keep peace with his wife Golde, played by Trudy Sheer of Berkeley.

Zelma Lucoff of El Cerrito portrays Yente the Matchmaker while Julia Leste of Oakland, Christalyn Brannen of Berkeley and Shayne Hammond of Richmond portray Tevye's three oldest daughters. Dana Anderson of Oakland, Charles Robinson of Richmond and El Sobrante's David Heffner are their young men.

Also seen are Susanne Martin and Shaynee Rainbolt from Albany and El Cerrito residents Kimberly Mayer, Regina Bartulovich, Wayne Hanson, David Shello, Louis Flynn and Aubrey McClellan.

From Richmond are Robert Kriger, Catherine Schutz, John Moses and Harold

## Tour of building slated

The best maintained and most representative of Julia Morgan's buildings in the East Bay, the Berkeley City Club, 2315 Durant Ave., is an historical landmark and is listed in the National Registry of Historic Places.

Built as a meeting place for civic women's groups, the Berkeley City Club was promoted and financed by women and its architect was a woman. Architectural tours will be open to the public on Sunday April 25, from noon to 5 p.m.

Admission is \$1.50 per person. For more information call 848-7800.

## CCCT performs 'Fiddler on the Roof'

Houghton; from Pinole, Jo Ellen Re

Also featured are Pippi Robben Goodman, Anna Cary and Kath Kriger. Berkeley; Bill Barry, S. Brannen and Henry Bers, Oakland; Jeff Carr, Alameda.

"Fiddler" is directed by Holly and Louis Flynn, with choreography Eleanor Edson Weigand and Marys gand Young, vocal direction by Dom Fites, sets by Sheila Schaffer and costumes by Miriam Newhall. Joanne Gabel, pianist, accompanied by Marianne on the base.

The musical plays at 8:30 p.m. Friday and Saturday through June 5, at the 951 Pomona Ave. Tickets: general, \$2.50 for students 16 and over. Reservations may be made by calling 9132. For group sales call 235-0785.

Contra Costa Civic Theatre is El Cerrito's longest-running community theater group. "Fiddler" has recorded the advanced ticket sales in the theatre performing years.

## Visiting the lone

The Red Cross is sponsoring a Friendly Neighborhood workshop on Tuesday from April 21 to May 1. The Class is held from 10 a.m. to 2:45 p.m.

The workshop is held at 2116 Alston Berkeley. For information call 845-1430.

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Globe-trotting photographer Dorothy Mayers of Kensington

# A Kensington photographer takes her students to Europe

Dorothy Mayers likes to work 'on location'

HARRIET POLT

KENSINGTON — Dorothy Mayers, a Missouri-born and a London resident, gets my-eyed when she talks about the English. "August, the dream become a reality as I lead a workshop of photographers through England aboard a traditional canal 'narrow-boat,' shutters clicking. The canal week will follow a week's workshop

shoot and view their pictures on the same day.

"Often, when tourists would get home, they'd be very disappointed with their pictures," Mayers said. "This way, they could look at their pictures, maybe re-take some of them, and come home with a collection of rich images."

Then the College of Arts and Crafts got into the act, seeing the seminars as a way of extending its campus beyond Oakland. Participants can, by arrange-

"My philosophy," Mayers said, "is to take each person from the point they are and move forward." This students may work on basic skills such as camera handling, correct exposure and focusing, or personalized assignments in area of special interest to them.

During the London week, students photograph some of the famous landmarks — Trafalgar Square, Buckingham Palace, and the like — as well as places which the most casual tourists don't get to: outdoor markets and neighborhoods such as Pimlico, Chelsea and Hampstead Heath. Riding open-air buses, they stop at neighborhoods that look intriguing — "to have the experience of serendipity," as Mayers puts it. Trips to nearby attractions such as Greenwich or Brighton are also planned.

And each afternoon or evening, the day's slides are viewed and discussed at the Photographer's Gallery, England's most prestigious photography gallery, located in Central London, near Soho, Convent Garden, Piccadilly Circus, and the theater district. "Seeing what they've done every day gives the students a sense of accomplishment," Mayers said. At week's end, the whole class holds a show of their best work for interested friends.

Coming as a restful contrast to the intense London week is the week on the canal boat. The boats sleep eight passengers in twin-bedded cabins, with two bathrooms per boat. Traveling along on a service boat will be Mayers, her husband Irwin, an assistant and a cook. The assistant will drive the exposed film into London or Coventry daily for processing, and viewing and critiques will take place daily, as in London.

The canals, Mayers explained, were once important commercially, but are

now used purely for recreation. Several canal networks exist in England; the one the workshop will travel is the historic Oxford Canal, which passes many important sights and landmarks. Moving along at the leisurely rate of three to four miles per hour, the trip will give students a chance to relate to the landscape, walk into the villages, stop at canalside restaurants or pubs, or even get exercise by walking on the towpath alongside the boat.

Despite her all-American background (she has degrees from the University of Wisconsin and Columbia), Dorothy Mayers feels herself an "old London hand," having spent each

of the past 10 summers in London and the English countryside. Her guide through London was a native, the author of a book on "alternative London," a city of which 18th-century writer Samuel Johnson said: "When a man is tired of London he is tired of life."

The London Workshop will take place from July 31 to August 6; the canal week will be held August 8 to 14; the tours can be booked separately or together. Further information can be obtained from Dorothy Mayers at Photography Seminars International, P.O. Box 7043, Landscape Station, Berkeley 94707, or by phone at 525-5454.

## Energetics classes set

Michaela Manson is offering classes in Albany in Energetics, a dance-exercise program, Saturday at 9 a.m. at the Albany Community Center, 1123 8th St., in University Village.

The on-going classes cost \$2 per session, or for those taking four or more, the single class drop-in fee is \$3. Registration is at the door or by phone: call Manson at 527-7627.

The hour-long classes in-

clude work on the cardiovascular system, muscle tone, coordination, flexibility and stamina.

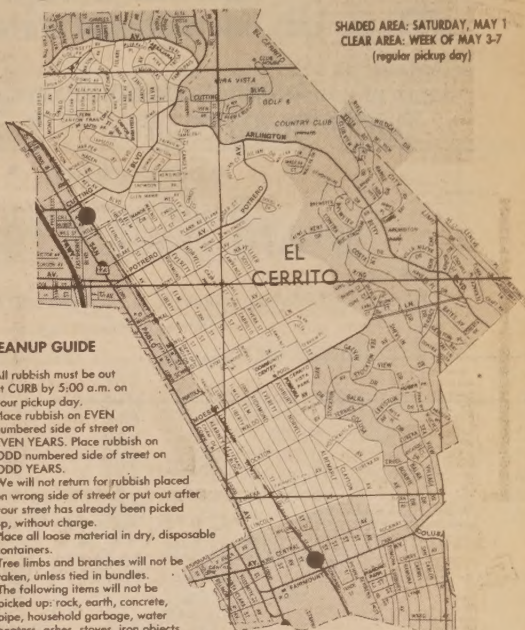
Other classes: Julia Morgan Center, 2640 College Ave., Berkeley, Mon/Wed/Fri 9 a.m.; Jewish Community Center, 1414 Walnut St., Berkeley, Tues/Thurs 9:15 a.m.; and Finnish Brotherhood Hall, 1970 Chestnut St., Berkeley, Mon/Wed 6 p.m. For other Bay Area locations, call 932-8040.

## Mira Vista golf results

**GUEST DAY**  
Guests low gross—Valma Magnani (Lake Chabot), 99.  
Guest flight—June Spatz (Contra Costa), 108-35—73; Li Kwok (Tilden Park), 103-28—77; Lucy Gordon (Green Valley), 102-24—78; Maurine Markovich (Franklin Canyon), 104-28—78; and Sheila Carter (Richmond), 112-34—78.  
Members low gross—Barbara Taylor, 89.  
First flight—Marge Collins, 84-20—74; Laura Dierham, 97-21—78; Ellen Ber-covich, 100-20—80.  
Second flight—Pat Nims, 106-26—80; Jane Neiland, 105-24—81; Lee Brodie, 115-32—83; Bobbie Trouton, 111-27—84.  
Third flight—Barbara Johnson, 115-40—75; Ann Barsamian, 114-35—79; Helen Brandfield, 110-36—83; Barbara Wang, 121-37—94.

## City of El Cerrito Spring Cleanup

As a continuing public service to the citizens of El Cerrito, East Bay Sanitary Company Inc. will conduct a free fall trash pickup on May 1 or on the regular pickup day the following week, depending upon your address in the city. Residents of one- and two-family dwellings may take advantage of this opportunity to clean out and dispose of those unwanted collectibles that have gathered.



### CLEANUP GUIDE

1. All rubbish must be out at CURB by 5:00 a.m. on your pickup day.
2. Place rubbish on EVEN numbered side of street on EVEN YEARS. Place rubbish on ODD numbered side of street on ODD YEARS.
3. We will not return for rubbish placed on wrong side of street or put out after your street has already been picked up, without charge.
4. Place all loose material in dry, disposable containers.
5. Tree limbs and branches will not be taken, unless tied in bundles.
6. The following items will not be picked up: rock, earth, concrete, pipe, household garbage, water heaters, ashes, stoves, iron objects, furniture, large bulky items, or grass with dirt on roots.
7. Maximum weight of any single object: 75 lbs.
8. Maximum length of object: 4 ft.
9. Maximum volume: 1½ cubic yds.
10. Clarification of map border: SATURDAY: Arlington, Avis, Barrett, Calusa, Cypress, 7400 block of Moeser, 6400 block of Portola, Rockway, San Pablo Avenue, School, and 7300 block of Stockton.

Basic map reproduced by permission of the California State Automobile Association, copyright owner.

If you have any questions, please call East Bay Sanitary Company at 237-4321 or City Hall at 234-2323.

"Often, when tourists would get home, they'd be very disappointed with their pictures," Dorothy Mayers said. "This way, they could look at their pictures, maybe re-take some of them, and come home with a collection of rich images."

graphing in London will be a first for the baby, Photography Seminars International. "It was in 1977 that I, who teaches photography at California College of Arts and Crafts and a College, first got the idea of holding photography workshops in London, to lay the groundwork, thought," she reminded, "what a perfect place travelers and photographers to explore."

odak had just come out of their E6 color process, which a roll of slide film had been developed in as one or two hours, and then photographers to

ment with the college, receive two to six units of credit.

Which isn't to say, however, that all of Mayers' London students have been college-age people. Participants over the past years have ranged in age from 17 to over 60, and have included lawyers, writers, teachers, financial planners, and retired people, as well as recent high school graduates and college students doing advanced work in art or photography.

Several former participants have had their work published. Other participants have neither photography nor art backgrounds.

## Police beat

**EL CERRITO**  
There were only seven arrests last week, from April 13 to April 18. Among the arrests were one offense for a bad check, one petty theft, one and run traffic offense, and one charge for trespassing. Among the arrested were the following:  
• John Bradley, charged with passing a bad check, April 15.  
• Michelle Reta, charged with petty theft, on April 15.  
• Floyd Taylor, charged with resisting arrest, on April 18.  
• Roy Farmer, charged with hit and run, on April

week in Albany, including 6 public intoxications, 4 possessions for marijuana, one burglary, an attempted grand theft, 2 possessions of stolen property, and one driving while intoxicated.

Among the arrested were the following:

- Rahemah Amun Wrice of Albany, charged with burglary on April 12.
- Douglas Feeley of Albany, charged with possession of narcotics (cocaine), on April 12.
- Erich Korman of Berkeley, charged with possession of narcotics, (cocaine), on April 12.
- Vergis Harrison of Berkeley, charged with battery, on April 13.
- Frederick Magnum of Oakland, charged with attempted grand theft, on April 15.
- Freddie Esco of Pin-

ole, charged with possession of stolen property, on April 16.

• Arnold Beverly of Richmond, charged with possession of stolen property, on April 16.

• Eugene Anderson of Berkeley, charged with driving while intoxicated, on April 17.

## Seniors go to capital

**ALBANY** — The 12th annual senior rally will be held on Tuesday, May 25, in Sacramento. All senior citizens are urged to attend.

For information, please contact: The Albany Senior Center, 846 Masonic Ave.; Norma Sonnichsen, 526-3203; or Frank Downing (525-8505).

## Budweiser LIGHT invites you to PEDAL FOR THE MEDALS and win a trip to the 1984 Los Angeles Olympics!

Join "Pedal for the Medals! Good fun, healthy exercise, fresh air, an opportunity to express your support for our Olympic athletes PLUS the chance to win a trip to the Olympics. These are your reasons to team up with Budweiser Light to generate pledge dollars for the American Olympic endeavor.

Set a mileage goal and invite friends, relatives and co-workers to pledge money to the Budweiser Light Olympic effort for the mile-a-day tour in April and May. Ride as much as you can, and at the end of May, collect your pledges.

The rider who raises the most money wins a trip for two to the cycling event at the 1984 Summer Olympics in Los Angeles.

Runner up prizes are 5 Schwinn LeTour bicycles and 400 Budweiser Light Warm Up Suits.

All riders who turn in \$400.00 or more will receive a Budweiser Light bicycle cap!

Enter now! Your "Pedal for the Medals" kit will include a "Pedal for the Medals" Budweiser Light T-Shirt, a log calendar, pledge sheets, return envelope and complete instructions.

### Entry Form

Where prohibited or restricted by law. Please send me my Budweiser Light "Pedal for the Medals" Kit.  
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Shirt Size (circle one) S M L XL  
Include \$5.00 for T-shirt, mailing and handling. Please make check payable to Budweiser Light "Pedal for the Medals" Mail to: "Pedal for the Medals", P.O. Box 9478, St. Paul, MN 55194. Please allow two weeks for shipment.

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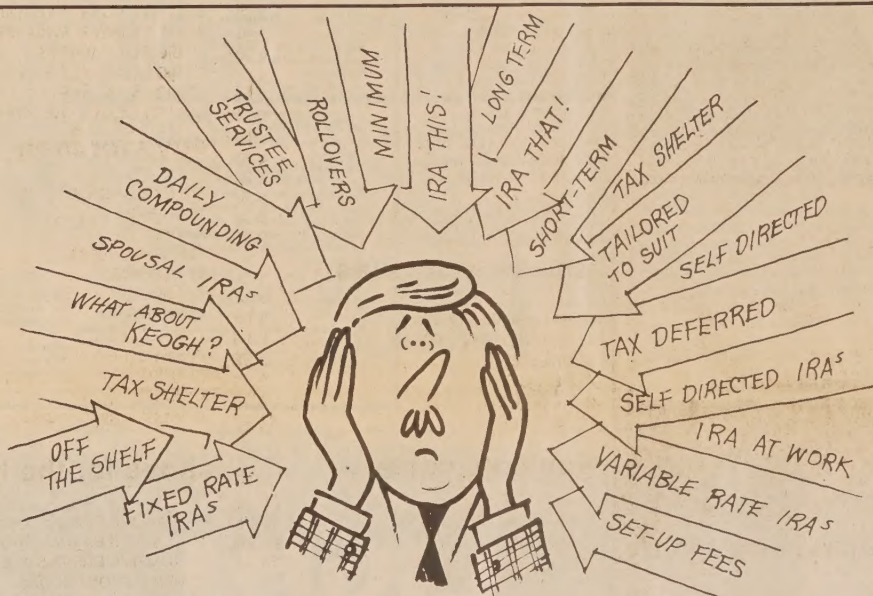
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## ANGER

(Continued from Page 4)

Wong defined guilt as "what happens when you want to deal with something." It occurs, she said, you think about something you've done: "either okay or it wasn't. If it wasn't, then you forgive yourself."

The alternative is to hang on to the bad feeling. If one feels guilty about neglect of a child, she said, it doesn't help to try and "make it up," she said.

If the guilt is over a current situation, Wong said, "accept it or change it." Thus, if you feel guilty feeding your child white sugar, make a decision to nate the sugar or else stop worrying about it.

She also stressed the difference between guilt and conscience.

"If a kid does something wrong and feels bad about it, that's guilt. It's an appropriate response to something wrong, whereas guilt is a misguilt," she said.

Wong also discussed fear, and suggested coping with it: gaining control of it (children do as they pretend to be the Incredible Hulk or the Woman) or accepting it.

"Things are scarier when they are on the edge of your mind," she said. "Let yourself think about what scares you."

A mother in the group expressed concern about her six-year-old son, who suddenly seemed fearful.

Wong suggested talking with him about what frightened and when he felt safe.

"Never assume you know what he's going to do," she said. "Don't finish his story for him. My guess is he has just learned about what danger is."

She said that parents always need to check on child means by certain vocabulary: "when they say 'bad' or 'icky,' they may not mean what you mean," she said.

Wong responded to a parent who discussed a six-year-old by pointing out the normal growth: "a six-year-old has a brand-new conscience. It sounds like she's punishing herself. You need to not to punish herself worse than you do."

In confronting angry children (or spouses), advised the parents to vary their behavior.

She said that couples not only divide chores, but also emotional roles—"you stir things up, I'll stay calm," she said—and that when one partner changes roles, the other must adapt. "If you're usually civil, be un- usually stomp out of the room, don't do, and if you stay, try walking out," she said.

This unusual treatment, she said, takes a person by surprise and breaks the momentum of anger.

"Whatever you have been doing hasn't been working," she said. "Human beings are the only animals that will do over and over what they know doesn't work."

## Films, puppets for library week

ALBANY — National Library Week, April 22-28, will be marked at the Albany Library with a special show for children ages preschool through fourth grade, Saturday, April 24, at 2 p.m.

Puppeteer Linda Zittel, with children's book author Kalkanis and Elizabeth Overmyer, will present a puppet show, "Boris Extravaganza," including two puppet shows.

Both feature best friends Morris the Moose and Boris the Bear. The 40-minute program is sponsored by the Albany Friends of the Library, Inc.

Film programs also continue on Thursday at 7 p.m. The Thursday films for young children last week were 40 minutes and will include Golden Fish, Rooster, and Shout it Out Alphabet. This film series continues through May 13.

The Saturday morning program will include Stew, The Reluctant Dragon and Merry-Go-Round. Dragon Stew is a fantasy about a king who food, a royal cook who never cooks, and a small, on who is designated to be the main ingredient of the recipe. Also dubious about his fate is the dragon, neth Grahames' Reluctant Dragon who, despite heart, faces a match with the most famous of dragons.

Saturday morning films, selected for ages 7 and up, continue at the Albany Library through May 8. For information, please call Overmyer or Kalkanis at Albany Library, 526-3720.

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## New deadlines for Times Journal

The Times Journal deadlines have changed slightly with the addition of the Sunday paper.

The news deadline for all materials for the Wednesday edition is the previous Thursday at noon.

The news deadline for the Sunday edition will be the previous Monday at noon.

Remember, deadline means exactly what it says: if your material reaches us after that time, it's "dead" and can't be used for the next edition.

### Free tax assistance

ALBANY — Tax-Aide offers free tax counseling to persons 60 and over at the Albany Senior Center, 846 Masonic Ave., Monday 9 to 11 a.m. and Thursday, 1 to 4 p.m. For more information, call 526-1601.

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## Your body'll love it

ALBANY — The Albany YMCA is now offering a new women's exercise class, on Monday, Wednesday, and Friday, from 10:30 to 11:30 a.m. Childcare is available.

This new program stresses body tone and flexibility. The exercises are designed to strengthen heart, lungs, and improve posture, with personalized instruction in the proper use of weights to tone the body and increase muscular endurance.

Stretching, breathing, isometrics and exercises are all a part of the program.

Cost is \$36 for three days a week per month, plus child-care cost; \$24 for twice a week per month plus child-care cost. Drop-in fee is \$4.

Classes are on-going. For further information call the Albany YMCA at 525-1130 during business hours.

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110 PAINTERS' PANTS	2.98
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30 JUNIOR PANTS	5.98
15 SHORTS	1.98
15 SHORTS	3.98
50 COWL NECK SWEATERS	98¢
20 MISSES' BLOUSES	6.98
20 COWL NECK SWEATERS	2.98
35 MISSES' PANTS	3.98
15 COTTON QUILTED JACKETS	5.98
43 LARGE SIZE BLOUSES	9.98

### women's dresses

	NOW
18 HALF-SIZE DRESSES	9.98
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35 DRESSES	5.98
29 DRESSES	9.98
21 PANTSUITS	9.98
23 DRESSES	14.98

### women's coats

	NOW
10 JACKETS	25.98
12 HOODED PANT COATS	19.98
10 PANT COATS	29.98
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	NOW
24 TOPS	4.98
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	NOW
19 UNIFORM SOCKS	3.98
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33 FULL FIGURE BRAS	5.98
29 COTTON LOUNGERS	4.98
55 ROBES	9.98
77 SWEATSHIRT ROBES	8.98
21 NYLON GOWNS	3.98

### women's accessories

	NOW
47 LEATHER HANDBAGS	10.98
25 VINYL HANDBAGS	2.98
35 NYLON HANDBAGS	2.48
81 CLUTCH HANDBAGS	1.48
57 WESTERN HATS	1.48
48 DICKIES	28¢
297 VINYL SHOES (Hosiery Dept.)	2.48
73 SLIPPERS (Hosiery Dept.)	2.48

### infants and toddlers

	NOW
10 INFANTS' SWEATERS	4.48
24 INFANTS' GIFT SETS	2.98-3.48
12 INFANTS' PANTSETS	4.48
10 INFANTS' PANTS	2.98
15 TODDLERS' TOPS	1.98
10 TODDLER GIRLS' NIGHT GOWNS	2.98
10 TODDLERS' DRESSES	4.48-6.48
25 BLANKET SLEEPERS	4.48

### buys for girls

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10 LITTLE GIRLS' JUMPERS	4.48-5.98
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25 TOPS	4.98
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20 BLANKET SLEEPERS	5.98

### buys for boys

	NOW
43 LITTLE BOYS' SHIRTS	2.48
39 LITTLE BOYS' SWEATERS	2.98
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32 BIG BOYS' SHIRTS	1.98
25 BIG BOYS' WESTERN SHIRTS	4.48
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### buys for men

	NOW
216 GYM SHORTS	2.98
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59 MAGNETS	98¢

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	NOW
37 MUGS	48¢
31 SALT AND PEPPER SETS	98¢
16 CURTAINS	98¢
134 BATH ACCESSORIES	98¢-2.98
48 TABLECLOTHS	6.98-12.98
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19 BLANKETS	9.98

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	NOW
40 EARRINGS	48¢
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23 DARCI® CARRY CASES	2.98
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# Senior centers

## ALBANY

The center is at 846 Masonic Ave., 644-8500. Hours: Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday, noon-4 p.m.

### Special events

The 12th annual senior rally, May 25. Bus fare to Sacramento is \$6. Bus leaves Memorial Park 8 a.m. and returns at 4 p.m. Sign up at center.

Legal assistance for Alameda County residents, by appointment, Wednesday, April 21, 10 a.m.

Blood pressure clinic, Monday, April 26, 1-3:30 p.m.

Margo Tyndall will hold a reading and discussion of the works of Emily Dickinson, Tuesdays, April 27 and May 4, at 10 a.m.

Pancake brunch, a benefit for the center, Sunday, May 2, 11 a.m.-2 p.m., \$2. Side event: flea market sponsored by the senior prom group.

Senior van service has been expanded to include medical trips on Tuesdays and Thursdays as well as shopping trips on Wednesdays and Fridays. Albany residents only.

### Transportation

Call as early as possible for reservations for senior van medical trips on Tuesdays and Thursdays.

Call at least one day in advance for reservations for senior van shopping trips. Wednesday mornings: El Cerrito Plaza. Friday mornings: Solano Avenue. Requested donation, 50 cents per round trip. Albany residents only.

Taxi scrip available to Albany residents already enrolled in the program: Tuesday, Thursday, Saturday, 10 a.m.-2 p.m. Persons in wheelchairs may purchase special transportation vouchers.

### Classes

Monday: Writing, remembering and dreaming, 9 a.m.; painting and exploring color, 9 a.m.; making of foreign policy, 3:30 p.m.

Tuesday: stretch yoga, 10 a.m.; folk & square dancing basics, beginners, noon, all levels 1 p.m.; English as a Second Language, 1 p.m.

Wednesday: photography and the family album, 9:30 a.m.; group walking, 10 to 11 a.m.; "The World Today," 10 a.m.; Tai Chi Chih (intermediate), 1:30 p.m.

Thursday: group walking, 10-11 a.m.

Friday: chess group, 10 a.m.; community service, 10 a.m.

Saturday: Saturday poets, 10 a.m.

### Social Security

Field representative at the center the first and third Friday of the month at 3 p.m. to answer questions about Social Security, SSI and Medicare.

### Continuing events

Barber service, Thursday, 9 a.m. to noon. Donation requested.

Bingo, Thursday and Saturday, 10:30 a.m.; Sing-along, Thursday, 11:30 a.m.; Bridge, Friday, 12:15 p.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group, Friday at 10 a.m.

Senior prom ballroom dance, Saturdays from 8 to 11 p.m. Refresher lesson at 7:30 p.m. Donation, \$1.50 (includes refreshments).

### Meals on Wheels

Home delivered meals are available for Albany residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-salt and diabetic meals are available.

To order, please call the center at 644-8500 one week in advance. Coordinator Velma Grasso will make all arrangements.

### Bus tours

Trips are sponsored by Albany Park and Recreation Dept. May 4, Yosemite grand tour, 2 nights, \$155 per person, double occupancy or \$217 single. June 5-9, Rogue River, \$330 per person, double occupancy or \$415 single. July 12,13, Reno overnighter, \$35.50 per person, double occupancy or \$47.50 single. All trips depart Memorial Park.

### Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation is \$.75 for seniors, \$.50 for persons under age 60. Monthly menus are available.

## EL CERRITO

### Open House

Located at 6500 Stockton Ave., behind the library; 526-0124. Drop in lounge open weekdays from 9 a.m.-2 p.m. Lunch daily at noon.

### Classes

Monday: Dance exercise, 9 a.m.; Tai Chi, 10 a.m.; bridge, 1 p.m.; bereavement counseling, 2 p.m.; fun night

(second Monday of every month), 6-9 p.m.

Tuesday: fitness, 9:30 and 10:15 a.m.

Wednesday: mild exercise, 9:30 a.m.; needlework,

10:30 a.m.; knitting, 12:30 p.m.; whist, 1 p.m.

Thursday: fitness, 9:30 and 10:15 a.m.; information & referral, 10 a.m.

Friday: fitness, 9:30 a.m.; barber 9 to noon; bingo, 1 p.m.; birthday surprise, fourth Friday, 12:30 p.m.

### Special events

Hearing loss class, April 26: 10 a.m.

Bread-making class, April 21: 1 p.m.

Cooking for men only, April 28: 1 p.m.

Public health nurse, April 28: noon

Autoharp performance by Frances Baruch, April 30: 12:30 p.m.

### Christ Lutheran

Mondays, 9 a.m.-2 p.m. at 780 Ashbury Ave. at Stockton.

Craft classes (pressed flower stationery, macrame, jewelry, weaving) are taught in the morning. \$.50 lunch at noon. Afternoon program of information, speakers, community singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond Unified School Adult Education program.

On April 26, April birthdays will be honored. At 12:30 p.m., Dr. Ed. Becker will give a free skin screening to members. At 12:45 p.m., Dr. Leland Kugelgen from Herrick Hospital will discuss new treatments for heart disease.

### St. John's Center

For El Cerrito residents 60 or over. Meets in the Catacombs Building, 6510 Gladys St., Tuesdays from 9 a.m.-2 p.m. Phone Tuesday only, 234-2797 or center director N. Gans at 529-1114.

The Center is part of the Richmond Unified School Adult Education program, and trained volunteers offer morning classes in ceramics, jewelry, tin and glass, macrame, knitting and crocheting, watercolor painting, weaving, cards and table decorations.

On April 27, April birthdays will be honored. Dr. James Leubner, an ophthalmologist, will talk about cataracts and eye care.

### Community Center

Monday, 6-9 p.m. at El Cerrito Community Center,

7007 Moeser Lane. Program: first week, business bingo; second week, cards and games; third week, luck; fourth week, cards and games. If there is a week, special programs.

For information call 525-6747.

### Senior Citizens Club

Meets Thursday, 5-9 p.m. at St. John's Cathedral, Gladys and Lexington Streets.

First Thursday of the month: business and cards; second, bingo; third, birthday observances; fourth, cards; fifth, special programs. For information call 7462.

### Sakura-Kai Center

For Japanese-speaking senior citizens, first and second Saturdays, 1-3 p.m. at 6510 Stockton St. Arts, crafts, exercises, ceramics, "Shigin" (poetry singing) and Social Security available. For information: William Waki, 7086.

## KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 p.m. at Arlington Ave. Morning meditation. Workshops in table games and bridge. Special programs after singing, bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food item \$1.50. For the rest of the month, lunch of sandwich and coffee is \$.75.

## EAST BAY

### Jewish Family Circle

This group of "Yiddishkeit" elders meets Wednesday at the North Berkeley Senior Center from 10 a.m. to 11:45 a.m.

### North Berkeley Center

Located at 1901 Hearst St., Berkeley, 644-6444. Sponsors a wide variety of classes on yoga, meditation, language, bingo, arts and crafts, dancing and other subjects.

Card and game rooms open 8 a.m. to 4:30 p.m.

April health series, Mondays at 1:15 p.m. Dr. Colm Scott will speak April 26 on diseases of the prostate and urinary tract. The lecture is free.

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— Times Journal photo by Chris G.

## Poster girl

El Cerrito resident Deanna Kathleen Zappia, 16, tied for sixth runner-up at the California Miss Pageant at the Santa Clara County Fairgrounds in San Jose. Zappia competed against 44 other girls, aged 13 to 16.

## BUY



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## Old grads

### plan fete

ALBANY — Albany High School classes from 1939 through 1946 will have a reunion at Golden Gate Fields Turf Club in Albany on Saturday, Sept. 25.

Reservation deadline is Sept. 1. Price is \$20 per person, with no-host cocktails beginning at 7 p.m. Dinner will be at 8 p.m. Dancing til 1 a.m.

For information call: Norma (Stone) Mirante, 525-8194; Myrtle (Bissett) Francisco, 223-5860; Doris (Blow) Van Den Berg, 222-1873; Ruth (Hill) Dowd, 758-2923; John Nelson, 525-2109.

## School

### seeks alumni

The staff of Whittier School in Berkeley is searching for graduates of the elementary school to celebrate in a spring Alumni Day coming up.

The school is sending a special invitation of members of the class of 1932 so that they may be honored on the 50th anniversary of their graduation.

All Whittier alumni are asked to write the Agnes Blonski, parent coordinator and head teacher at the Whittier Children's Center, care of Whittier School, 1645 Milvia St., Berkeley 94709.

## Tennis

### in Albany

ALBANY — The Albany Park and Recreation Department is sponsoring week tennis sessions for adults and juniors, to be held at Memorial Park.

The adult session runs from May 10 to June 12. Junior instruction is going from April 26 to May 12. Morning, afternoon, and weekend classes available.

To register, call the Albany Park and Recreation Department at 644-8511. Deadline for registration the Friday before the starting date of the session.



# Churches

## ALBANY

**Albany United Methodist Church**  
April 25, services will be held at 11 a.m. The Rev. Dr. Ahn will speak on "By What Power?" based on Luke 10:17-20. Nina Hazelton will be worship leader. Church school will meet Sunday at 10 a.m. On Tuesday and Thursday the toddlers' play group meets 9:30-10:30 a.m. On Wednesday, quilters meet 9:30-3 p.m. and the group will meet from 12:30-3 p.m. The church is located at 980 Stannage Ave., Albany. 525-6442.

**First Baptist Church of Albany**  
Worship service begins at 11 a.m. with the Rev. Alan Ve bringing the message. Sunday school classes at 9:30 a.m. On Tuesday 7:30 p.m. the Bible study group will meet at San Carlos Ave., Albany. On Friday at 7:30 p.m. the Married Couples Fellowship meets at 1006 Alberle, Pinole. The church is located at 1319 Solano Ave., Albany. 525-6632.

**St. Alban's Episcopal Church**  
Worship service at 11:30 a.m. The Rev. Warren Debenham will preside. Holy Communion and the laying on of hands will be followed by a meeting of the church after receiving communion. The service will be followed by a meeting of the church after receiving communion. The service will be followed by a meeting of the church after receiving communion.

The service will be followed by a meeting of the church after receiving communion. The service will be followed by a meeting of the church after receiving communion. The service will be followed by a meeting of the church after receiving communion. The service will be followed by a meeting of the church after receiving communion.

**EL CERRITO**  
**Grace Lutheran Church**  
Sunday, April 25 at 9:30 a.m., the Rev. O.R. pastor emeritus, will preach on "The Message of Miracles," from John 21:1-14. Sunday school and

## State surprise cuts into USD deficit

By DON McCORMACK

Unexpected windfall from the state has eliminated the deficit in the Richmond Unified School District for this year and knocked off a portion of the deficit for next year.

Officials caution, however, that the district still has a multimillion-dollar deficit next year.

At the April 13 meeting of the Richmond Unified board, Fred Basalto, assistant superintendent in charge of business services, said the district should receive \$1.6 million more than expected from the state. The budget this year is about \$62 million.

Early March, the district estimated it was short \$5.8 million for this fiscal year and would be short \$5.8 million for next year. The board ordered its staff to cut wherever possible.

At summer, the Richmond Unified challenged the analysis of what it was owed for transporting and educating handicapped children. The state in recent weeks has increased its contribution, \$612,000 for education and \$9,000 for transportation.

The money includes funds owed for last year and estimated what is owed for this year and next year, Basalto said.

In addition, the county auditor recently revealed that the Unified had been shorted \$295,000 in interest.

On the minus side, because taxes from local governments had been underestimated last fiscal year, the district owes the state \$124,000, Basalto said.

Basalto is working on a revised budget to submit to the school board in a few weeks.

## New deadlines

Times Journal deadlines have changed slightly with the addition of the Sunday paper. News deadline for all materials for the Wednesday edition is the previous Thursday at noon. News deadline for the Sunday edition will be the previous Monday at noon.

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Bible class follow at 10:30 a.m.

The Women's League will meet at noon on Thursday, April 15 for lunch, followed by a meeting 1 p.m.

The church is located at Santa Fe and Ward in El Cerrito; 525-9004.

## KENSINGTON

### Arlington Community Church

The Rev. Ken Barnes will speak on "Who Is Sane?" from Jeremiah 31:21-22 and 2 Cor. 11:16-22 at the 10 a.m. service on April 25. A meditation and healing service will be held in the chapel at 6 p.m. on Sunday.

A four week Breath Prayer class, which is an introduction to Christian meditation, will be given by Katherine Richards beginning Sunday, April 25 at 7:30 p.m. in Room 4. There is no fee.

The church is located at 52 Arlington Ave., Kensington. Call 526-9146.

## THOUSAND OAKS

### Epworth United Methodist Church

The 10 a.m. worship service will be led by Pastor David Slope and will include a special children's message. Children are then invited to the regular craft and story time. Groups for ages 3 to 5 and 6 to 12 will be available. Baby care is also available.

Following the worship service and a brief coffee hour, the spring youth and adult education session will begin. The continuing drama on "Our Methodist Roots" will focus this week on the American Methodist History.

After the 11:20 education classes, Epworth will be holding an all church "potluck" picnic at Tilden Park in the Padre Right picnic area. For details call 524-2921 or 525-7901.

Children and adult choirs practice Thursday evenings at 7:30. Call 527-4013 for information on children's playgroups.

The church will sponsor another Experiment in Practical Christianity group this spring starting the week of April 19. The 10 week session includes weekly group sessions and individual discussions. Call 524-2921 for details.

The church is located in the Thousand Oaks neighborhood of north Berkeley at 1953 Hopkins St. Phone

524-2921.

## Thousand Oaks Baptist Church

"The Way of the Burning Heart" will be the theme of the Rev. Eugene Paden's message at the 10:30 a.m. worship service on Sunday, April 25 (Luke 24:13-35). The choir will sing "Forever Blest is He," by Handel, under the direction of Dora Burdick. The Rev. David L. Chen will bring the message in Mandarin at 10:30 a.m. Nursery is provided for infants.

A Junior Church for first through sixth grade is held. Church school classes for all ages begin at 9:30 and are conducted in both English and Mandarin.

On Wednesday, April 21, the church will hold its quarterly business meeting immediately following the family fellowship potluck supper. Choir rehearsal: 7:45 p.m.

On Thursday, May 6, at noon, the annual spring luncheon will be held. A freewill offering will be taken to defray the expenses. The program will consist of a book report and special music. Make reservations by calling 526-3773.

The church is located in the Thousand Oaks district of North Berkeley, on Colusa, just north of Solano Avenue.

## EAST BAY

### Chinese Rhenish Church

This bilingual (Cantonese and English) Lutheran church welcomes the public to worship every Sunday at 11 a.m., with Sunday school classes for all ages at 9:30 a.m. The pastor is the Rev. Loke Hoy-San.

The following weekly classes are offered: English Bible study, Wednesday, 8 p.m.; Chinese Bible study, Thursday, 8 p.m.; youth fellowship, Friday, 7:30 p.m.; Chinese language school, Saturday 9:30 a.m. to noon; family and individual counseling by appointment only. Call Dr. Loke at 232-0579 or 232-1072.

The church is located at 4709 MacDonald Ave., Richmond. Phone 232-1072.

## North Congregational Church

At the 11 a.m. service the Rev. Robert Graham will speak on "Growing Into Greatness," based on John 21. Assisting in the service will be Steven Stanton and Jon Pastorino. Jon and Marguerite Azer are the greeters, and

Art Hoeman will be the usher.

This Friday at 6:30 p.m. the church will hold a potluck supper in the Fellowship Center. Following the supper there will be a color movie shown, "Typhoon Wanda." Visitors are welcome to both the dinner (please bring hot dish or salad) and the film; there is no charge.

The Christian growth fellowship meets Sunday mornings at 9:30 in the Babcock Room. Topic is "The Presence of God."

The Northside Christian Singles fellowship, a group for young persons under 35, meets Sundays at 7:30 p.m. with Steve Stanton in the Fellowship Center for fellowship and refreshments. The gymnasium is now open on Saturday evenings at 7:30 p.m.

The Northern California Congregational Fellowship meets this Sunday afternoon beginning at 4 p.m. at the Soquel Congregational Church. The speaker will be Dr. Richard W. Moll, Dean of Admissions at U.C. Santa Cruz. Dr. Walter Boring, senior minister, will be honored.

The church is located at the corner of Cedar and Walnut in North Berkeley. Phone 848-1201 or 527-3134 (evenings).

## Rodeo Full Gospel Church

Interdenominational evangelistic services are held each Tuesday and Thursday at 7:30 p.m. and Sundays at 11 a.m. and 6 p.m. with Houston Marlow and Sandy of "The Singers for Jesus."

The church is located at 715 San Pablo Ave., Rodeo. Phone 235-9374 or 657-7705.

## Temple Baptist Church

Services for Sunday, April 25 will begin at 11 a.m. with the Rev. James Sisco presiding. Children's choir begins at 9:30, followed by Sunday school at 9:45. April birthdays and anniversaries will be celebrated after the mass.

Tuesday evening April 27 those doing visitations will meet at the church at 7 p.m. Saturday April 24 is the monthly work day with a breakfast at 8 a.m. Heirs of the Kingdom meet at 6 p.m. Saturday in Tweed Hall. Wednesday April 21 is the monthly pot luck.

The church is located at 1960 Carlson Blvd. in the Richmond annex. Phone 525-9103.

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Having trouble controlling your pooch? See her

## Dog show-woman turns to teaching

By BARNABY DINGES

**A**LBANY — Mary Culley has spent her life with dogs. Fifteen years ago she traveled with six talented and trained toy poodles, her dogs dancing, pushing strollers, and playing music for audiences throughout Northern California.

Her routine now is different, though her dedication to dogs is as solid as her 100-pound Doberman named Gotcha. Culley shares her love for and knowledge of dogs each Saturday during her dog obedience class at the Albany Park and Recreation Department.

"I teach people how to train their dogs," she said, indicating that often it is the people and not the hounds who lack discipline. "You have to work with your dog a half hour every day. A dog learns from association. An obedience-trained dog is a happy dog because it knows exactly where it stands with you," she added, highlighting one of her favorite slogans.

Culley does not teach dogs attack training or athletic tricks. She emphasizes basic commands which keep a dog calm but alert at home, safe and composed while outside. Throughout the training process, her concern is for the dog.

"I love dogs. In fact, more than most people," she confessed.

Though she has had her encounters with nasty dogs, Culley thinks dogs are ostensibly friendly and intelligently territorial in nature. Dogs are made violent, she said citing the pit bulldog as an example, by the strange breeding and training practices of people.

"An attack-trained dog is loaded," she insisted. "Any dog will protect its home."

and owner. That's the instinct of a dog. Dogs like the pit bull are that way because people have misused the stock. People want to use them for fighting. People have done this to the dog."

Like many animal devotees, Culley talks about dogs as if they were people, defending and anthropomorphizing their behavior. But her experience, her dozens of canine tales, and her commitment to improving the dog's life make Culley no ordinary dog fan. She is an expert of dog psychology, a master of pooch control.

"That's an old wives tale," she said when asked if she could teach an old dog new tricks. "That comes from kennels where puppies are ignored for four months and their learning capabilities are limited. At seven weeks old, a puppy's brain is fully developed. Experience is the only difference with an older dog. You have to be firm and gentle."

At the start of every month she takes on a new group of close to a dozen owners and their dogs. They meet indoors every Saturday at 9 a.m. for a month, concentrating on heeling, sitting, and hand commands. Willing students can come back for a second month of work. The intermediate group uses no

Culley said each group is like a kindergarten class on the first day, with the assortment of dogs acting excited and battling for position at the head of the pack.

Although the sessions usually settle into a smooth routine, Culley is full of stories of dogs who didn't fit in.

I had a sheperd once  
who was so shy it had to  
watch from another room

for three weeks. And I had a little lady in with a five-pound dachshund that would've bit anybody including me. She'd bite instead of running. But now Chico comes down once in a while, and she kisses and loves me. But when she first came, she would've torn me apart."

The one dog Culley couldn't "reprogram" was a German import named Riff Raff who bit her face and was a threat to the owner and family. But in most cases, she believes dogs can continue to learn and adjust their temperaments as they age.

"Some don't catch on (to the training), but it's not the dog's fault," she said. "Some are hyper, like people. Dobermen are stub-

born. The poodle is the smartest. But there is no dumb dog. As soon as I see the dog, I can tell how it will do in the class."

The prevention of cruelty to animals for experimental purposes is also a concern to Culley. She is a member of Funds for Animals, and has dedicated much time recently supporting legislation to outlaw organizations from selling or providing animals to researchers. She has also donated money to a soon-to-be-released movie, "Tools for Research," which documents the abuse of animals in laboratories.

Culley gave up her dog act when Showoff, Sweet Stuff, and Love Bug got too old to perform, and thought it would be cruel to

make them watch their puppies pick up with their act. Though the showbiz days are gone, Culley gets a charge out of the teaching, and she finds nothing wrong with the dog's life.

*Shaughnessy*

*fetes set*

A cocktail party will be held at the home of Krista and Bryan Whipple, 1205 Spruce St., Berkeley on Friday, April 23, at 8 p.m., to elect Stephen Shaughnessy for Judge of the Berkeley-Albany Municipal Court on June 8.

Other Shaughnessy gatherings include a meeting at the home of Val and Jack Kositsky, 1219 Walnut St Berkeley on Sunday, April 25 at 2 p.m.



— Times Journal photo by Chris Gilbert

Mary Culley and two of her furry friends



**BE THE TOP** —Distinguished UC teachers this year are (left) Laura Tyson, Hanna Pitkin, Albany's David Patterson, David Kirp, Howell Daly and James Deetz.

— Photo by Saxon Donnelly

## Albany prof wins top UC teaching award

BANY — An Albany professor is one of faculty members at UC-Berkeley who receive the 1982 Distinguished Teaching is.

netists are professors Stephen Booth of h Howell Daly of entomology, James anthropology, David Kirp of public and Hanna Pitkin of political science; as professor David Patterson of electrical pering and computer sciences (from Al-

bany) and assistant professor Laura Tyson of economics.

Patterson not only involves his computer science students in up-to-the-minute design research, but also remains personally involved, colleagues said.

One described Patterson as "the single most outspoken, most vigorous advocate of excellence in teaching" ever associated with his department.

Student teams led by Patterson for two years designed and perfected a new 45,000-transistor micro-computer chip.

"Dave really cares about his students," his colleague said. "This has an important effect, especially given the ever-increasing enrollments that tend to dehumanize computer science classes."

The annual awards, which will be given on May 6, are bestowed by the campus Academic Senate in cooperation with the California Alumni Association.

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# Getting down to business



— Photo by Luoma Photography

## In the rag trade

### Two antique stores relocate on Solano

ALBANY — After six years in another location on the street, Mary and Bill Doniger's Lost and Found Antiques and Nancy and Boyd Shafsky's Still Life Antiques have moved to 1481 Solano Ave., in the complex known as Just Us Folks Antiques.

Lost and Found specializes in antique scientific instruments, oil and water color paintings, early writing materials, scales and weights and small collectibles.

Still Life carries a general line of antiques, silver, glass, china, jewelry and furniture.

Both stores buy, sell, appraise and sell on consignment, Doniger said.

Doniger said the focal point of the complex is the rear garden, where customers can relax in the shade of a pine tree. He also said a third shop will be setting up in the complex in the near future.

Store hours are 11 a.m. to 5 p.m., Tuesday through Saturday. Phone 525-9711.



Faithful saver

Ada M. Lee has been promoted to manager of Fidelity Savings' El Cerrito branch. Lee, 29, joined the bank in 1978. A native of Buffalo, N.Y., she now resides in El Cerrito.

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Marques Fashions, located at 10620 San Pablo Ave. in El Cerrito, sells both men and women's designer apparel. Chamber of Commerce president of

the women's division Vera Boyovich (left) looks at merchandise with owner Mamie Bull Dillard and Councilman Howard Abelson.



## Buff and polish

Fingers and Toes Nail Salon business in El Cerrito at 1481 Solano Ave., specializes in manicures. They also do pedicures, nail wraps, nail tips, gems. At left is owner Carson, giving a manicure. Vice mayor Jean Siri looks on.

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P215/75R14	73.97	<b>67.97</b>	2.48
P215/75R15	75.97	<b>69.97</b>	2.59
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# Courageous Martin spirit strengthened by tragedy

By  
NAD STRASHEIM

L CERRITO — Angelo Martin has always been the little underdog. He the odds against 5-8 ball players and 150-1 fielders while still Cerrito High School.

Being short gave him a negative angle on life. Always looking up, but not being able to be convinced, he made him strive harder for his accomplishments and that size is relative.

After a four-month ordeal for a bone-knit family of an ended Monday, Marc Martin died, at of complications of aplastic anemia, a bone disease.

Angelo, inspired by the will, he was a strong individual before this happened, but it's made me a stronger," he said.

He died young, but he and he didn't come. He went through a never said he was in. The whole time, he I'm OK, I'm fine."

He strength we gave helped him, but the strength we got from him was a lot more."

He his older brother a 26-year-old out of the Chicago Cubs, and his young brother Angelo, an East Bay cager as a pro. Marc was an athlete.

He played both basketball and baseball at St. Mary's High School in Daly City and one year of college at St. Mary's College in Moraga, from where he graduated before he was drafted by Chicago.

He of Donald and Molly had five children were and hearty. Nedra, a student at Sacramento State today and Angelo, 14, is a high school freshman.

Angelo enrolled at the Valley College last year and played 10 games for the cagers. He made a journey to Sacramento to play in the San Francisco Classic when he learned his brother's disease.

Angelo had the flu and was by himself. But he caught a sore throat and went to the hospital. He remembered

they gave him penicillin and when he broke out, it was a reaction to the penicillin. But it went back. But it was a bone marrow test that showed the disease he had.

Angelo said he had two weeks of medical treatment that did not help. He became obvious that a bone marrow transplant was necessary. The Martin family took Marc to La Jolla Scripps Hospital in San Diego County, one of the best places in the country where the operation is performed.

The surgery is complicated and requires wiping the body's immunity system with radiation and no therapy to facilitate the process of the foreign body. For the bone graft, the donor's condition must be a very close match to that of the patient.

Angelo got to be the donor," Angelo proudly. There are four different blood types for matching and I lucked out. In the end, I matched up the best."

West Contra Costa residents who wish to donate blood may now go on a routine basis at the Alameda-Contra Costa Blood Bank.

The Alameda-Contra Costa Blood Bank has officially designated Brookside Hospital as a donor station. The Blood Mobile will be at the hospital on the fourth Wednesday of each month, beginning April 28, from 10 a.m. to 2 p.m.

Blood given may be credited to any account wished by the donor. The Alameda-Contra Costa Blood Bank has several blood banks that maintain and further information can be obtained by calling 654-1000.

Brookside Hospital is located at 2000 Vale road, San Pablo.

Angelo withdrew from DVC and checked into the hospital for a difficult and painful operation. "They took one and a half pints of bone marrow from my hips," he said.

"It took, at first. It produced in his body and was doing fine. But there was a second disease, a complication."

The most important contest Martin was ever involved in began. The doctors called it graft versus host. Their medical terminology ironically reflected the competitive Martin spirit.

"Marc got it the first time on his skin, but it cleared up with treatment. Everything went well for a while. Then it attacked his stomach and it was more serious internally," said Angelo.

It spread to his liver and poisoned his system. "He went into a coma the last three days and he didn't make it," said Angelo.

"He pulled through

pneumonia three times before that, when the doctors said he wouldn't make it. That was a miracle. After just one day in ICU, the pneumonia was gone. They thought it was a miracle and we knew it was. This last time, though, was the Lord's call."

"We had been taking shifts in the hospital so that someone would be with him at all times. He passed the day after Easter. The whole family was in the room, as if the Lord had gathered us there for the moment."

Everyone prepared throughout the whole thing, in case something happened. We were talking and his last words were, 'I know I'm strong and I've been praying.' The Lord was with him and Marc is up above, shining down on us all. We'll join him some day. We have accepted that."

The experience has taught Angelo to value life. "We have to overlook so

many things in this world that are hard to deal with, because it's even harder if you complain about minor things," he said.

"There's so much that people take for granted, so much out there to enjoy. I gave me direction. I have a strong determination to achieve now."

Angelo will go on competing, with renewed dedication.

He hopes to be drafted by a professional baseball organization and will play

semi-pro ball in San Francisco this summer with that in mind. If not, Angelo is looking to earn a baseball scholarship to play at the collegiate level while working toward a degree.

A third baseman at EC, he will have to switch to second because of his size. "That's my position. Third boxed me in too much and I couldn't use my speed to get to balls, but it made me a better infielder because of reacting to balls quicker. The change is just one

more bridge for me to cross," he said.

"I may go back to Texas and watch my brother play, to give him some support now. But I'm working out to stay in shape. Larry Quirico (El Cerrito coach) said he'd like to have me out there with him, working out."

"I've been through all types of things because of my size, but I know that my height can't hold me back. Nothing will be in my way now."

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## CALIFORNIA'S LARGEST DISCOUNT LIQUOR STORES

# Liquor Barn

## SPRING RELEASE SALE!

**We Will Meet Any Advertised Price!**

**Current Bay Area Prices Only**

### Scotch

Chivas Regal	750 ml	\$14.49
Johnnie Walker Red	750 ml	\$8.99
Cutty Sark	750 ml	\$8.98
Scotia Royale	12 year old 750 ml	\$7.98
Hedges & Butler	Liter	\$6.98
Old Smuggler	1.75 Liter	\$10.98
Dunlivet	1.75 Liter	\$9.98
Scoresby Scotch	1.75 Liter	\$9.99
Prime Malt	Single Malt 750 ml	\$13.98

### Bourbon

Ancient Age	1.75 Liter	\$9.99
Yellowstone	1.75 Liter	\$9.98
Old Crow	1.75 Liter	\$9.98
Jack Daniels	750 ml	\$7.68
Early Times	1.75 Liter	\$10.99
Jim Beam	Liter	\$6.66
Old Calhoun	Liter	\$5.66

### Gin

Christie's Gin	94.4 Proof 1.75 Liter	\$14.98
Gilbey's Gin	80 Proof Liter	\$5.98
Tanqueray Gin	94.4 Proof 750 ml	\$8.88
Seagram's Gin	80 Proof 750 ml	\$4.98
Stanton Gin	80 Proof 1.75 Liter	\$6.98
Gordon's Gin	1.75 Liter	\$9.68

### Rum & Tequila

Bacardi Rum	Silver or Amber 1.75 Liter	\$9.98
Ron Rico	Silver or Amber Liter	\$6.29
Myers Rum	Planter's Punch 750 ml	\$7.69
St. Elmo	Light or Dark 1.75 Liter	\$7.98
Gusano Rojo	With the Worm 750 ml	\$10.98
Jose Cuervo	White 750 ml	\$6.98
Senorita	White or Gold 1.75 Liter	\$9.99

### Cognac

Courvoisier V.S.	750 ml	\$13.49
Bisquit V.S.	750 ml	\$10.98
Remy Martin V.S.O.P.	750 ml	\$19.95
Sempe Armagnac	750 ml	\$11.48
Hennessey V.S.	Liter	\$19.79

### Brandy

Christian Brothers Brandy	Liter	\$6.98
Korbel Brandy	Liter	\$7.59
E & J Brandy	Liter	\$6.99
Fidelis Brandy	Liter	\$5.49
Fidelis Brandy	1.75 Liter	\$7.77
Marc Roger	French Brandy 750 ml	\$5.99
Marc Roger	French Brandy Liter	\$7.99

### Liqueurs

Kahlua	750 ml	\$7.99
Cafe Di Santo	1.75 Liter	\$7.98
Bailey's Irish Cream	750 ml	\$11.99
Pernod	750 ml	\$11.88
Ghirardelli	Chocolate Liqueurs 750 ml	\$3.99
Campari	750 ml	\$8.67

### Canadian or Irish

Seagrams V.O.	750 ml	\$6.98
Canadian Club	750 ml	\$6.98
Canadian Mist	1.75 Liter	\$10.98
Canadian Hill	1.75 Liter	\$8.98
Windsor Canadian	Liter	\$6.56
Old Bushmill Irish	750 ml	\$8.99
Jameson Irish	750 ml	\$9.98

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1.75 Liter **\$9.99**

### Taylor California Cellars

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1.75 Liter **\$8.98**

### Ancient Age

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Michelob	6-12 oz. Btls.	\$2.39
Budweiser	12-12 oz. Cans	\$4.49
Coors	6-12 oz. Cans	\$2.27
Heilmann's	Special Export 6-12 oz. Btls.	\$2.19
Miller	12-12 oz. Btls.	\$4.49
Heineken	Light or Dark 6-12 oz. Btls.	\$3.99
Watney's	Red Barrel 6-12 oz. Btls.	\$5.77
Carlsberg	Light or Dark 6-12 oz. Btls.	\$4.57
Hoody Peanuts	What's better than beer & peanuts. 1 1/2 lbs.	\$1.99

### Spring Varietals

Check out our ever expanding selection.

#### Cabernet Sauvignon

Beaulieu	"Private Reserve" Cabernet Sauvignon 1976 750 ml	\$17.32
Robert Mondavi	Cabernet Sauvignon 1978 750 ml	\$8.98
Burgess	Cabernet Sauvignon 1979 750 ml	\$8.42
Simi	Cabernet Sauvignon 1977 750 ml	\$6.98
Pedroncelli	Cabernet Sauvignon 1979 750 ml	\$4.45

#### Chardonnay

Robert Mondavi	Reserve Chardonnay 1978 750 ml	\$17.73
St. Francis	Chardonnay 1980 750 ml	\$10.64
Mill Creek	Chardonnay 1980 750 ml	\$9.33
Beaulieu	Beaufort Chardonnay 750 ml	\$7.98
Louis J. Foppiano	Chardonnay 1980 750 ml	\$6.58

#### Zinfandel

Lytton Springs	1980 750 ml	\$6.98
Rutherford Ranch	1978 750 ml	\$5.58
Boeger	1979 750 ml	\$4.59
Sutter Home	1979 750 ml	\$4.33

#### Fetzer

The Liquor Barns are Proud to feature five outstanding wines of the Fetzer vineyard.

Chardonnay 1980	Mendocino Barrel Aged; Buttery & Rich 750 ml	\$5.77
Cabernet Sauvignon 1978	Mendocino Estate, Complex & Elegant 750 ml	\$5.77
Gewurztraminer 1981	New Release of Past Medal Winner 750 ml	\$4.28
Zinfandel 1979	Mendocino; New Release, better than 1978 750 ml	\$3.99
French Colombard 1980	Medal Winner; Crisp & Dry 750 ml	\$3.25

#### Jug Wine Values

The Liquor Barns have the Best Jug prices in town.

Carlo Rossi	Chablis, Burgundy, Rhine, Vin Rose or Pink Chablis 4 Liter	\$3.99
Almaden	Chablis, Burgundy or Rose 4 Liter	\$5.67
Ingleneek	Chablis or Burgundy 4 Liter	\$4.99
Summit	Wine in the Box Chablis, Burgundy or Vin Rose 4 Liter	\$4.69

#### Classic Magnams

The Liquor Barn has a Fabulous Selection of Cork-Finished, 1.5 Liter Bottles, all at Discount Prices.

Vincelli	Red or White Table Wine 1.5 Liter	\$2.99
Robert Mondavi	Vintage Red or White Table Wine 1.5 Liter	\$4.67
Monterey Vineyards	Classic Red or Classic White 1.5 Liter	\$5.55
Wiebel	White Zinfandel 1.5 Liter	\$5.99
Robert Mondavi	Napa Gamay 1.5 Liter	\$6.98

#### Import Wine Values

Chevalier de Verdines	Bordeaux Sauvignon Sec 750 ml	\$2.98
Chateau Larose	Trinitaudon 1978 750 ml	\$6.98
Louis Jadot	Beaujolais Blanc 1979 750 ml	\$7.98
Cortney Macon Villages	1980 750 ml	\$3.99
Ruffino Chianti Classico	750 ml	\$3.88
Buzzoni Chianti	750 ml	\$1.99

#### Vodka

Smirnoff	1.75 Liter	\$9.99
Gordon's Vodka	1.75 Liter	\$8.99
Kaviana Vodka	1.75 Liter	\$6.96
Kaviana	Liter	\$4.15
Rasnoff Vodka	70 Proof Diluted 1.75 Liter	\$6.28
Stolichnaya	80 Proof 750 ml	\$8.98
Wolfschmidt	Liter	\$5.48
Gilbey's Vodka	1.75 Liter	\$8.19

## Visa and Master Card Gladly Accepted

2315 San Pablo Dam Rd., San Pablo - (415) 233-4371

**NOW 16 BAY AREA LIQUOR BARNS**  
 San Pablo, Walnut Creek, Cema, San Francisco, San Jose, Mountain View, San Ramon, Alameda, Vallejo, Fremont, Hayward, Santa Cruz, Pacific Grove, Milpitas, Santa Clara.

## Give blood at hospital

West Contra Costa residents who wish to donate blood may now go on a routine basis at the Alameda-Contra Costa Blood Bank.

The Alameda-Contra Costa Blood Bank has officially designated Brookside Hospital as a donor station. The Blood Mobile will be at the hospital on the fourth Wednesday of each month, beginning April 28, from 10 a.m. to 2 p.m.

Blood given may be credited to any account wished by the donor. The Alameda-Contra Costa Blood Bank has several blood banks that maintain and further information can be obtained by calling 654-1000.

Brookside Hospital is located at 2000 Vale road, San Pablo.



# Young, middle-class law breakers: video pirates

By GIL ROEDER

Roger and Alex would not exactly blend into your average police line-up. They have between them a typical package of 13-year-old, middle-class attributes: braces, freckles, junior-size Lacoste shirts, and a trace of smugness in their voices common to any seventh-grader who knows all the answers.

The Berkeley boys share a hobby that is challenging, popular but also against the law: copying and trading computer programs from the disks used in microcomputers. In the modern vernacular, Roger and Alex are software pirates, and proud of it.

Software piracy is a nationwide by-product of the home computer boom in recent years. Because of the digital nature of information stored on the five-inch disks used in Apple, Pet and similar microcomputers, copying a game or business program can be as easy as "betamaxing" a favorite TV show.

Although most retail software disks today include elaborate codes that scramble any attempt to directly copy the stored information, along with a plea from the manufacturer not to attempt copying or a warning that copy-right violators will be prosecuted, the pirates have shown no quarter.

Every code devised to date by the software companies has been cracked, and since home computers can "converse" from thousands of miles apart via direct phone link-ups, news travels fast in the software underground. It is estimated that for every legitimate software disk on the market today there are 10 bastard copies in circulation.

"The rule of the software trade is, if you make a code to protect your product, someone will work until they have cracked it," said Alex, whose parents bought an Apple II a year ago for business purposes. "It may get tougher for us, but I don't think they will ever be able to protect software."

The main appeal of software for the boys are the video games available.

"I used to blow five dollars a week on arcade games," said Roger. He said he once spent a \$25 birthday check in four hours in a games room.

"I just kept plunking down quarters — it was worth it, I learned some great new games that way," he added that between the two, they had over 60 different computer games, plus some business programs — all of them pirated. Alex recently acquired a copy of Locksmith, a program that actually aids and abets a computer user in breaking codes and making copies of software.

The boys developed their passion for computers and video games at Lawrence Hall of Science. The museum and research center, affiliated with the UC, has more than 40,000 people participating in computer-related classes and programs each year, as well as public-use times when anyone can take advantage of the 120 terminals available.

Along with mastering a large variety of video games and learning basic computer language skills, many children are first lured into piracy at the Hall.

Twila Slesnick, director of the Math and Computer Education Project at LHS, said that illegal copying right in the Hall's computer center has been a problem for several years.

"The kids would come in with blank cassette tapes, select a game from our daily menu and load the program onto their cassette in a matter of 30 seconds," she said. Tapes are now banned in the computer center.

Ms. Slesnick said that the courses offered in her program were too basic to actually give students a lesson in crime.

"We just don't teach the level of knowledge needed to crack the codes of software products," she said. She added that all the computer courses at LHS address the ethical issues of computer knowledge.

Andrew Breretvas, manager of The Computer Store in Oakland, one of the largest dealers in software and home computers in the East Bay, also stresses the question of morality in the computer courses he teaches.

"If you understand a

computer, you can always work around any safeguards," he said. "So I try to make people aware of the moral implications: copying a copy-righted product is stealing."

Breretvas feels that the widespread use of illegal copies will eventually backfire on computer owners. "If the software companies don't get their revenues, then they will not be around tomorrow to support the products that they have put out, nor will they have the funding to create

new software," he said. "The problem is tied to the socio-economic condition of the United States," he added. "The morality of the society doesn't make it obvious that this is stealing."

Roger and Alex, for their part, do not seem to feel any moral weight on their shoulders.

"I have no sympathy whatsoever for the manufacturers or sellers," said Roger, who has been nicknamed "Jolly Roger" for his zealous pillaging and

plundering of software. "It's one person's definition of stealing. You're not taking any hardware computer parts, and you're not doing anything to the original."

Alex agreed, adding that "we don't sell our stuff, we just copy and trade among friends." One of the boys' sources of booty, though, is a 16-year-old from San Leandro known as "The Phantom," who dropped out of high school to sell pirated software. "He's making tons of money, and

designing his own programs at the same time," said Alex.

(For the record, the Copyright Law makes it clear that making unauthorized copies of a program is in violation of the owner's copyrights — the same law which makes it illegal to make an unauthorized photocopy of book or magazine material.)

Breretvas feels that it is up to parents to enforce the morality of working with computers. "If they don't take a stand, then what

they are doing is condoning criminal behavior from their kids."

Alex's father, a former computer designer, admits that an ethical problem exists for him.

"I object to the ethics of what my son is doing, since he is stealing someone else's work," he said. "But I can't stop him — it's quite a challenge for the kids."

He compared software piracy to copyright problems with home video system owners, or owners of radio dishes which can re-

ceive cable TV for free.

"As long as it's for my son's own use, and he understands what he is doing is wrong, I won't stop him," he said.

Alex's mother seems more concerned with her son's hobby becoming an obsession than any legal implications.

"We have to drag him out the door and lock it to make him get any physical activity," she said. "and the only way to get him into bed at night is by pulling his power cord." She does not

feel, though, that his

hobby is harming him. "I would like more, and getting bigger," she said, "but his age is not interesting junk shows in his age."

"The parents storeowners and other people who live their lives in video games, Roger.

## WHEN QUALITY COUNTS

 <p><b>Regular Ground Beef</b> Does Not Exceed 30% Fat <b>\$1.09</b> lb.</p>	 <p><b>Boneless Chuck Roast</b> Under Blade, Safeway Quality Beef <b>\$1.99</b> lb.</p>	 <p><b>Whole Pink Salmon</b> Frozen Fresh Thawed <b>\$1.69</b> lb.</p>	 <p><b>Natural Turkeys</b> Manor House or Armour Star, Frozen, USDA Grade A <b>69¢</b> lb.</p>	 <p><b>Boneless Top Sirloin</b> Steak, Safeway Quality Beef <b>\$2.99</b> lb.</p>						
<p><b>Ducklings</b> Manor House or Flavorite Brand, Frozen, USDA Grade A <b>99¢</b> lb.</p> <p><b>Beef Flank Steak</b> Safeway Quality Beef <b>\$3.49</b> lb.</p> <p><b>Beef Shortribs</b> Safeway Quality Beef <b>\$1.49</b> lb.</p> <p><b>Cross Rib Roast</b> Boneless, Safeway Quality Beef <b>\$2.29</b> lb.</p> <p><b>Beef Brisket</b> Boneless, Safeway Quality Beef <b>\$2.19</b> lb.</p> <p><b>Rib Eye Steak</b> Boneless, Safeway Quality Beef <b>\$4.39</b> lb.</p> <p><b>Strip Steak</b> New York, Safeway Quality Beef <b>\$4.59</b> lb.</p> <p><b>Chuck Steak</b> Boneless, Safeway Quality Beef <b>\$2.39</b> lb.</p>	<p><b>Pork Roast</b> Picnic Shoulder <b>99¢</b> lb.</p> <p><b>Beef Flank Steak</b> Safeway Quality Beef <b>\$3.49</b> lb.</p> <p><b>Beef Shortribs</b> Safeway Quality Beef <b>\$1.49</b> lb.</p> <p><b>Cross Rib Roast</b> Boneless, Safeway Quality Beef <b>\$2.29</b> lb.</p> <p><b>Beef Brisket</b> Boneless, Safeway Quality Beef <b>\$2.19</b> lb.</p> <p><b>Rib Eye Steak</b> Boneless, Safeway Quality Beef <b>\$4.39</b> lb.</p> <p><b>Strip Steak</b> New York, Safeway Quality Beef <b>\$4.59</b> lb.</p> <p><b>Chuck Steak</b> Boneless, Safeway Quality Beef <b>\$2.39</b> lb.</p>	<p><b>Fresh Catfish</b> Weather Permitting <b>\$2.19</b> lb.</p> <p><b>White Shrimp</b> Frozen Fresh Thawed <b>\$5.99</b> lb.</p> <p><b>Dungeness Crab</b> Whole, Frozen Fresh Thawed <b>\$2.29</b> lb.</p> <p><b>Salmon Steaks</b> Frozen Fresh Thawed <b>\$2.99</b> lb.</p> <p><b>Pollock Fillets</b> Alaskan, Frozen Fresh Thawed <b>\$1.59</b> lb.</p> <p><b>Fish Cakes</b> Mrs. Pauls, Frozen <b>99¢</b> 24-oz.</p> <p><b>Fish Fillets</b> Gorton's, Crunchy, Frozen <b>\$2.99</b> 20-oz.</p> <p><b>Raw Scallops</b> Frozen Fresh Thawed <b>\$4.99</b> lb.</p>	<p><b>Chipped Meats</b> Safeway, All Varieties <b>49¢</b> 1/2-oz.</p> <p><b>Meat Franks</b> or Beef, Safeway, Premium <b>\$1.69</b> 1-lb.</p> <p><b>Variety Pack</b> Safeway, Round or Square <b>\$1.79</b> 12-oz.</p> <p><b>Cooked Ham</b> Sliced <b>\$1.49</b> 5-oz.</p> <p><b>Sliced Salami</b> Galileo <b>\$2.39</b> 10-oz.</p> <p><b>Pork Butt</b> Roast <b>\$1.59</b> lb.</p> <p><b>Lamb Bone Chops</b> Fresh, Genuine Spring, Round, USDA Choice <b>\$2.89</b> lb.</p> <p><b>Shoulder Blade</b> Chops, Fresh, Genuine Spring, USDA Choice <b>\$2.69</b> lb.</p> <p><b>Shoulder Roast</b> Lamb, Fresh, Genuine Spring, Sliced &amp; Tied <b>\$1.89</b> lb.</p> <p><b>Sliced Bacon</b> Smok-A-Roma <b>\$1.69</b> 1-lb.</p>	<p><b>Ground Turkey</b> Meat, Frozen Fresh Thawed <b>69¢</b> lb.</p> <p><b>Turkey Roast</b> Swift's, Frozen <b>2.19</b> 2-lb.</p> <p><b>Chicken Breast</b> Patties, Frozen Fresh Thawed <b>1.49</b> 5-oz.</p> <p><b>El Monterey</b> Burritos, Your Choice, Frozen, 5 oz. <b>2.99</b> 5-oz.</p> <p><b>Corn Dogs</b> Safeway, Frozen Fresh Thawed <b>1.59</b> lb.</p> <p><b>Veal for Scallopini</b> Frozen Fresh Thawed <b>2.89</b> lb.</p> <p><b>Leg of Lamb</b> New Zealand, Frozen Fresh Thawed <b>2.89</b> lb.</p> <p><b>Pork Sausage</b> Links, Farmer John, Frozen <b>69¢</b> 8-oz.</p>						
<p><b>LIQUOR, BEER &amp; WINE</b></p> <table border="1"> <tr> <td data-bbox="280 1687 560 1879"> <p><b>Wolfschmidt</b> Vodka, 80 Proof, 1.75 liter <b>\$7.99</b></p> </td> <td data-bbox="560 1687 836 1879"> <p><b>Old Crow</b> Bourbon Whiskey, 80 Proof, 1 liter <b>\$5.65</b></p> </td> </tr> <tr> <td data-bbox="280 1879 560 2044"> <p><b>Souverain Colombard</b> Blanc or Grey Riesling, .75 liter <b>2 for \$6</b></p> </td> <td data-bbox="560 1879 836 2044"> <p><b>Weibel White Zinfandel</b> .75 liter <b>2 for \$5</b></p> </td> </tr> <tr> <td data-bbox="280 2044 560 2126"> <p><b>Royal Canadian Beer</b> 6-12 oz. Bottles <b>\$2.99</b></p> </td> <td data-bbox="560 2044 836 2126"> <p><b>Erlanger Beer</b> 6-12 oz. Bottles <b>\$2.19</b></p> </td> </tr> </table>					<p><b>Wolfschmidt</b> Vodka, 80 Proof, 1.75 liter <b>\$7.99</b></p>	<p><b>Old Crow</b> Bourbon Whiskey, 80 Proof, 1 liter <b>\$5.65</b></p>	<p><b>Souverain Colombard</b> Blanc or Grey Riesling, .75 liter <b>2 for \$6</b></p>	<p><b>Weibel White Zinfandel</b> .75 liter <b>2 for \$5</b></p>	<p><b>Royal Canadian Beer</b> 6-12 oz. Bottles <b>\$2.99</b></p>	<p><b>Erlanger Beer</b> 6-12 oz. Bottles <b>\$2.19</b></p>
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<p><b>Gallo Hearty Burgundy</b> Rhine, Red Rose or Chablis Blanc, 3 liters <b>\$4.59</b></p>	<p><b>OLYMPIA Beer</b> 12 Pack, 12 oz. Cans <b>\$3.49</b></p>	<p><b>English Muffins</b> Mrs. Wright's, 6 count <b>2 for \$1</b></p>	<p><b>Nalley's Chili</b> with Beans, 15 ounces <b>69¢</b></p>	<p><b>Jiffy Mix Corn Muffins</b> 8.5 ounces <b>5 for \$1</b></p>						

10% CASE DISCOUNT on Wines & Liquors, selected advertised specials excluded. No sales in excess of 20 gallons. No sales for resale. At licensed Safeway Stores only.

Items and prices in this ad are available April 21, 1982, thru April 27, 1982, at all Safeway Stores listed below. Sales in retail quantities only.

**There's A SAFEWAY Near You!**

**Berkeley**  
• 2020 Oregon Street  
• 1444 Shattuck Place

**San Pablo**  
(L) 13222 San Pablo Avenue  
(L) 100 El Portal Center

**El Cerrito**  
(L) 10636 San Pablo Avenue  
**Richmond**  
(L) 4925 MacDonald Avenue

**Albany**  
(L) 1500 Solano Avenue  
(B) Safeway Bakery Dept  
(L) Safeway Liquor Dept

**Rodeo**  
(B) (L) 60



# E.C.cable plans show for elders

EL CERRITO — "Options for Elders" will be broadcast Tuesday, April 21 and 27 at 3 p.m. over El Cerrito cable channel 2B. It will examine the issue of independence for elders, particularly for elders with health problems.

Produced as a community service by Herrick Hospital and Health Center, "Options for Elders" will feature interviews with elders and resource people from the El Cerrito, Albany and Berkeley communities. Via videotape, the program will visit the homes to two older adults see how they have, with the help of family, friends and community resources, managed to remain at home in spite of severe physical problems.

Featured during the one-hour special will be scenes of plays performed by the Senior Matinee Theatre group to illustrate dilemmas that many elders face when their well-meaning adult children try to make decisions for them.

On hand will be representatives from local senior centers and other community organizations. Special guests on

the show will be Yvonne Brightbill, director of Berkeley Visiting Nurses Association, and Rena Blauner, a social worker specializing in the field of gerontology. They will discuss the misuse of the diagnosis of senility for older persons who may be suffering from treatable physical or psychological problems rather than from senility.

The one-hour program, hosted by Rose Poirot, coordinator of community education activities for Herrick, is designed to provide cable viewers with insight into the options for elders who may have health problems but still wish to remain independent.

Herrick has been producing cable television programs related to health for the past year on Oakland/Piedmont cable. This will be the first time that such a program has been produced in El Cerrito using community access cable, according to Poirot.

For persons who do not have access to cable in the El Cerrito area, but do have access to video equipment for playback purposes, the tape will be available on loan from Herrick Hospital and Health Center by phoning Poirot at 540-4490.

## Library

**lovers meet**  
KENSINGTON — The Friends of the Kensington Library will hold their annual community night on Wednesday, April 21, at the Kensington Library, 61 Arlington Ave., at 7:30 p.m.

A lecture-slide show will be presented by David Littlejohn, who teaches journalism at UC-Berkeley. His lecture is titled "Buildings of the Berkeley Campus."

Following the slide show, Ernest Siegel, the new Contra Costa County library director, will discuss the library system.

## Let us hear from you

You have news. We need news.

The Times Journal has some new features and we need your help with them:

We're calling all cooks in the Albany, El Cerrito, Kensington and Thousand Oaks area. Send us several of your favorite recipes. If yours are chosen, we'll take your photo prepping one of them in your kitchen and publish it in the Sunday edition in the "Cook of the Week" column.

The Sunday paper also needs contributions from local clergy for the new front-page column called your name.

"The Good Word." Call the editor (525-2644) for details.

The Times Journal also would like to publish your wedding, baby and anniversary pictures. Include a name and phone number in case we need more information.

The paper also likes to get mail. Letters to the editor are one of the most-read sections of any newspaper. Got a complaint? Or something to praise; or suggest? Write us at 1247 Solano Ave., Albany 94706. You must sign your letter, though if you request, we will withhold your name.

**LEGAL NOTICE A-82379**  
**NOTICE**  
NOTICE IS HEREBY GIVEN that a public hearing will be held on MONDAY, MAY 3, 1982, at 8 o'clock p.m., or as soon thereafter, in the Council Chambers, 1000 San Pablo Avenue, Albany.

To discuss Albany's Recycling Program.

Persons interested and desiring to be heard shall be present at the time and place above mentioned, or communicate in writing to the City Clerk prior to the meeting. This NOTICE IS GIVEN PURSUANT TO THE PROVISIONS OF THE CITY OF EL CERRITO, CALIFORNIA, CHAPTER 1.04, ARTICLE 1.04.01.

JACQUELINE L. BUCHOLZ  
CITY CLERK  
34584-April 21, 1982

**LEGAL NOTICE A-80460**  
**FICTITIOUS BUSINESS NAME STATEMENT**  
FILE NO. 55567

The following person is doing business as:

LEA GRACER DESIGNS  
836 Cornell Ave  
Albany, CA 94706

Gracer, Laura A.  
836 Cornell Ave  
Albany, CA 94706

This business is conducted by an individual.

Signed  
LAURIE GRACER

This statement was filed with the County Clerk of Alameda County on March 18, 1982.

**CERTIFICATION**  
I hereby certify that the foregoing is a correct copy of the original on file in my office.

RENE C. DAVIDSON,  
County Clerk  
Alameda County  
By: G. GLONZ  
Deputy  
A-3453-March 31 April 7, 14, 21, 1982

**LEGAL NOTICE A-81754**  
**CITY OF EL CERRITO**  
**STATE OF CALIFORNIA**  
**NOTICE TO CONTRACTORS**  
SEALED PROPOSALS will be received at the office of the City Clerk, City Hall, 10890 San Pablo Avenue, El Cerrito, California, until 2:00 pm on April 27, 1982 and will be opened and read at 2:00 pm the same day for performing work as follows:

In general, the construction of a storm drain from the Gladys Avenue to west of Kearney Street just north of Madison Street over public and private properties.

Specifically the work consists of the construction of 300 L.F. of 48" RCP, removal and replacement of sidewalk, asphalt concrete, fencing and miscellaneous private improvements, including excavation, shoring, backfill, compaction, formwork, placement of reinforcement steel and all appurtenances to the above.

The information for Bidders, Form of Bid, Plans, and Specifications, and other Contract Documents may be examined at the office of the City Engineer, City Hall, 10890 San Pablo Avenue, El Cerrito, California, phone (415) 234-5664.

Each proposal shall be accompanied by a Certified Check, a Cashier's Check or a Bidder's Bond made payable to the City of El Cerrito in the sum of ten (10) percent of the proposal, such guarantee to be forfeited should the bidder to whom the contract is awarded fail to Contract. Each bidder shall be licensed in accordance with the Provisions of Chapter 9, Division 3 of the Building and Professional Code, and shall be skilled and regularly engaged in the general class or type of work called for.

Bids must be submitted in sealed envelopes bearing on the outside the name of the bidder, his address and the name of the project for which the bid is submitted, and the date and time of opening. If forwarded by mail, the sealed envelope containing the bid, and marked as directed above, must be enclosed in another envelope properly addressed.

All bids are to be compared on the basis of the City Engineer's estimate of the quantities of work to be done.

The City of El Cerrito reserves the right to reject any or all bids.

The plans and Specifications may be examined at the office of the City Engineer, 10890 San Pablo Avenue, El Cerrito, California, and copies of the same may be obtained upon deposit of \$15.00. This money will be refunded upon return of the Plans, Specifications and receipt, if returned within thirty (30) days after award or rejection of the bids by the City Council. The successful bidder may receive his refund by returning his receipt only.

No refund will be made after thirty (30) days after award or rejection of bids by the City Council.

Financial assistance for this project is provided by the Department of Housing and Urban Development, HUD, in implementation of Executive Order 11246 as amended (Equal Employment Opportunity), will conduct an Equal Employment Opportunity compliance review prior to the start of construction. Accordingly, the applicant low bidder under this solicitation should be prepared to attend a meeting that will be scheduled by HUD, where he will be requested to specify what affirmative action he has taken or proposed to take to assure equal employment opportunity on the project.

Minimum wage rates for workmen employed to execute the Contract shall be in accordance with the determination of the Secretary of Labor, which is included in the job specification.

Bidders on this work will be required to comply with the President's Executive Order No. 11246 which includes the following statement:


"No person in the United States shall on the ground of race, color, national origin or sex be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity funded in whole or in part with funds available under this title."

DATE:  
April 5, 1982  
LUCILLE V. IRISH  
City Clerk  
City of El Cerrito  
J-1646-April 14, 21, 1982.

# ...COUNT ON SAFEWAY!



**Idaho Potatoes**  
Baking, U.S. #1  
**3 \$1**  
lbs.



**Leaf Lettuces**  
Red, Butter or Romaine  
**3 \$1**  
for



**Clip Top Carrots**  
Fresh & Crisp  
**3 \$1**  
lbs.



**Fresh California Strawberries**  
12 oz. Basket (Hostess Dessert Cups, 4 oz., 49¢)  
**ea. 49¢**

Strawberry Glaze for your Strawberry Pie 35¢  
1.2 oz. Pkg.

<b>Jumbo Lemons</b> Fresh 5 for \$1	<b>Green Onions</b> Fresh Bunches 4 for \$1
<b>Cucumbers</b> Field Grown 3 for \$1	<b>Bean Sprouts</b> Fresh lb. 39¢
<b>Kiwi Fruit</b> Tropical Treat each 39¢	<b>Zucchini Squash</b> Delicate Flavor lb. 49¢
<b>Haas Avocados</b> Creamy & Smooth ea. 49¢	<b>Anjou Pears</b> Northwest Grown lb. 59¢
<b>Cherry Tomatoes</b> 12 oz. Basket 69¢	<b>Field Rhubarb</b> Fresh lb. 69¢
<b>Cucumbers</b> Hot House (English) ea. 79¢	<b>Breakfast Prunes</b> Bonner Brand 24 oz. Pkg. \$1.49

## National Secretary's Week

What says "thank you" to your secretary better than a beautiful blooming plant, a lush tropical plant, or a fresh bouquet of flowers. We have a great selection at your local Safeway Store.

**Brawny Towels** Roll **69¢**

**Royal Oak** Charcoal, 10 lb. Bag **\$2.29**

**Purina Cat Chow** 4-lbs. (Kitty Litter Cat Litter, 20-lbs., \$1.99) **\$2.79**

**Glad Bags** Food Storage, 75 count **\$1.59**

**Pepperidge Farms** Deli, Frozen, 7 oz. (Bacon, Cheese & Egg, 7 oz., \$1.79) **\$1.99**

**BREAD WINNERS**

**Premium Bread** Safeway, 1 1/2 lb. loaf **69¢**

**100% Wheat** Bread, Mrs. Wright's, 1-lb. loaf **69¢**

**Hostess Donuts** Pantry Assorted, 12 count **\$1.49**

**Hostess Donuts** Old Fashioned, 12 count **\$1.19**

## VARIETY SAVINGS!


<b>Finesse Conditioner</b> 11 ounces <b>\$1.99</b>	<b>Colonial Stoneware</b> Covered Casserole Set, 3.75 Qt. (Soup Bowl, 6.5 inch, \$2.79) <b>ea. \$12.99</b>
<b>Sure</b> Roll-On, 1.5 ounces <b>\$1.25</b>	<b>Pert</b> Shampoo, 15 ounces <b>\$1.79</b>
<b>Visine</b> Eye Drops, 1 ounce <b>\$2.29</b>	

**Kodak** Film, C126-24, Roll **\$2.39**

**Safeway** Film, 400 ASA, High Speed, Roll **\$2.59**

**Enlargment Special for Mother's Day**

**50¢ OFF** Color Photo Enlargements 5 x 7, 8 x 10



**Green Giant Corn** Canned, 17 ounces **2 for 89¢**



**Imperial Margarine** 1-lb. or Imperial Diet Soft Margarine, 2-1/2 lb. Tubs **69¢**



**Banquet Meat Pies** Frozen, 8 ounces **39¢**

**BANQUET SALE**

**Banquet Entrees** Frozen, 9 oz. **49¢**

**Banquet Dinners** Frozen, 10 oz. **79¢**

**Creme Pies** Banquet, Frozen, 14 oz. **89¢**

Items and prices in this ad are available April 21, 1982, thru April 27, 1982, at all Safeway Stores listed on the other page.

Today's Safeway. Where You Get A Little Bit More.





# Unpopular poplars spark big lawsuit

### E.C. man versus 6 neighbors

By NORMAN COLBY

EL CERRITO — James Bagley Jr.'s 32 towering Lombardy poplars are at the root of \$250,000 worth of problems, claim six of his El Cerrito neighbors.

The trees should be cut down and Bagley should pay damages, the neighbors say in a Superior Court suit filed recently.

Neighbors contend the offending trees line the borders of Bagley's one-acre property at 1024 Arlington Blvd., El Cerrito, forming a "fence" more than 60 feet tall.

The trees' roots have spread under neighboring prop-

erties and penetrated into the basement of the home of Fred and Joan Morgan, resulting in the cancellation of their homeowner's insurance, the suit says.

The other plaintiffs are Charles Yandell, Istvan Fary, Donald and Arlene Peterson, Bruce and Clara Woods, and Frank and Kay Smith. They allege the roots have affected the sewage and plumbing of some properties and cracked walkways in others.

The roots draw underground moisture from plants and vegetables in the neighboring properties, the suit claims.

The lawsuit seeks \$250,000 in punitive damages, a Superior Court order forcing Bagley to remove the trees and prevent the planting of others that will be more than 10 feet tall.

# Albany urged to 'bike to work'

By CARL ZABLOTNY

ALBANY — In a quick 15-minute session last week, the City Council approved a resolution declaring April 30 as "Bike to Work Day."

It also approved fire department personnel appointments, and set public hearings on May 17 and June 7 for discussion on Albany's federal revenue sharing funds.

Biking to work might not

seem all that significant to area residents, but Adriana Gianturco, director for the California Department of Transportation, has declared Friday, April 30, as "Bike to Work Day" in California as a kick-off to "National Bicycle Month" set for the month of May.

The city of Albany decided to approve that resolution and encourage residents to use bikes for transportation to work on April

30. The council also noted that Caltrans provides such services to bikers as bike routes, bike shuttle service, parking and storage facilities.

In other council action:

- Cathy Braiser was appointed to the permanent position of animal control officer with the police department.
- Gerald Vittitow and

Marc McGinnis moved to the stationary captain fire department.

Let us know if your school church is having a tell us.

Times Journal Solano Ave. 94706.

• Gerald Vittitow and

## PARK and SHOP Discount Food Markets

**STRAWBERRIES**  
LARGE, RIPE, FULL BASKETS BSKT. **49¢**

**TISSUE**  
CHIFFON TOILET  
**55¢**  
ONE-PLY, 2-ROLL PKG.

**JAM**  
MARY ELLEN STRAWBERRY  
**\$1.79**  
32-OZ. JAR

**DETERGENT**  
\$5.89 VALUE CONCENTRATED ALL  
**\$4.99**  
9-LB. 13-OZ. PKG.

**CHARCOAL**  
KINGSFORD BRIQUETS  
**\$2.29**  
10-LB. SACK

**FRESH EGGS**  
RANCH PAK LARGE GRADE AA  
**79¢**  
DOZEN

**COFFEE**  
M.I.B.  
**\$3.99**  
2-LB. TIN

**COCA COLA**  
TAB, FRESCA  
**99¢**  
16-OZ. 6-PAK.

**FARM FRESH PRODUCE**

<b>LETTUCE</b> ICEBERG, LARGE CRISP HEADS EACH <b>39¢</b>	<b>TOMATOES</b> VINE RIPE, FIRM LB <b>39¢</b>
--	--

<b>CUCUMBERS</b> LONG GREEN, LARGE SIZE, CALIFORNIA GROWN <b>4 FOR 99¢</b>	<b>BROCCOLI</b> GARDEN FRESH LB. <b>59¢</b>	<b>APPLES</b> PIPPINS, LARGE SIZE, CALIFORNIA GROWN 3-LBS. <b>\$1</b>	<b>AVOCADOS</b> HASS VARIETY, LARGE SIZE EACH <b>39¢</b>
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**LOW, LOW PRICES**

<b>SWANSON BROTH</b> CHICKEN OR BEEF. 43¢ VALUE 14½-OZ. TIN <b>39¢</b>
<b>CHICKEN BROTH</b> SWANSON \$1.19 VALUE 49½-OZ. TIN <b>99¢</b>
<b>CHUNK CHICKEN</b> SWANSON WHITE OR DARK. 85¢ VALUE <b>69¢</b>
<b>HAMBURGER HELPER</b> BETTY CROCKER ALL VARIETIES \$1.21 VALUE PKG <b>89¢</b>

**LOW, LOW DAIRY**

<b>ORANGE JUICE</b> TROPICANA CHILLED \$1.79 VALUE 64-OZ. <b>\$1.29</b>
<b>AMERICAN SLICES</b> KRAFT DELUXE \$2.01 VALUE 12-OZ. PKG. <b>\$1.69</b>
<b>COTTAGE CHEESE</b> CARNATION 95¢ VALUE PT. <b>89¢</b>
<b>ICE CREAM</b> CARNATION BRENTWOOD ALL FLAVORS \$1.99 VALUE ½-GAL. <b>\$1.79</b>

**LOW, LOW PRICES**

<b>DETERGENT</b> WISK \$2.23 VALUE, 32-OZ. 15¢ OFF DEAL YOU PAY <b>\$1.69</b>
<b>WINDOW SPRAY CLEANER</b> WINDEX WITH PUMP 99¢ VALUE 12-OZ. BTL. <b>89¢</b>
<b>SALAD DRESSING</b> BERNSTEIN ROQUEFORT \$1.32 VALUE 8-OZ. BTL. <b>\$1.15</b>
<b>CAT LITTER</b> KITTY KORNER \$1.09 VALUE 10-LB. BAG <b>89¢</b>

**LOW, LOW FROZEN**

<b>FROZEN MEAT PIES</b> SWANSON HUNGRYMAN CHICKEN OR TURKEY \$1.33 VALUE 16-OZ. <b>\$1.09</b>
<b>MRS. PAUL'S FISH</b> FROZEN STICKS AND FILLETS \$2.25 VALUE 14-OZ. <b>\$1.85</b>
<b>LENDER'S BAGELS</b> FROZEN PLAIN, EGG, ONION, RAISIN 93¢ VALUE <b>77¢</b>
<b>GREEN GIANT VEGETABLES</b> FROZEN CAULIFLOWER W/CHEESE, BROCCOLI W/CHEESE, CHINESE, JAPANESE, BROCCOLI SPEARS, RICE ORIGINAL. \$1.14 VALUE 10-OZ. <b>93¢</b>

**TISSUE**  
NICE 'N SOFT FACIAL  
**69¢**  
200 CT.

**DINNER**  
KRAFT MACARONI & CHEESE  
**39¢**

**MARGARIN**  
PARKAY  
**55¢**  
1-LB. STICK

**CHILI**  
NALLEY WITH BEANS  
**69¢**  
15-OZ. TIN

**CAKE MIX**  
BETTY CROCKER ANGEL MIX  
**\$1.19**  
16-OZ.

**CHOICE MEATS & POULTRY**

<b>FRESH PORK ROASTS</b> LEAN PICNIC SHOULDER CUT LB. <b>89¢</b>	
<b>COOKED SHRIMP MEAT</b> EXCELLENT FOR SALADS OR COCKTAILS LB. <b>\$5.79</b>	<b>FRESH GROUND BEEF</b> ANY SIZE PACKAGE DOES NOT EXCEED 30% FAT LB. <b>\$1.29</b>
<b>BONELESS PORK KABOBS</b> EXCELLENT FOR BAR-B-Q LB. <b>\$1.98</b>	<b>FRESH GROUND PORK</b> FRESH PORK SAUSAGE LB. \$1.39 LB. <b>\$1.39</b>
<b>FRESH CUT UP FRYER</b> CALIF. PETALUMA GROWN, PAN READY LB. <b>79¢</b>	<b>FRESH FRYER BREASTS</b> CALIF. PETALUMA GROWN LB. <b>\$1.59</b>
<b>OSCAR MAYER SLICED BOLOGNA</b> MEAT OR BEEF 12-OZ. PKG. <b>\$1.79</b>	<b>OSCAR MAYER COOKED HAM</b> 95% LEAN 6-OZ. PKG. <b>\$1.79</b>
<b>CLAUSSEN PICKLES</b> WHOLE, HALVES OR SWEET & SOUR JAR <b>\$1.39</b>	<b>FANCY SLICED BACON</b> BAR S FINEST LB. <b>\$1.79</b>
<b>BAR-S FRANKS</b> TASTY MEATY BIGGIES LB. <b>\$1.29</b>	

**VAN DE KAMP'S SPECIALS**

<b>SAVE 10¢</b> <b>HAMBURGER &amp; HOT DOG BUNS</b> REG. \$1.39 <b>\$1.29</b>	<b>SAVE 20¢</b> <b>CINNAMON ROLLS</b> REG. \$1.39 <b>\$1.19</b>
<b>SAVE 20¢</b> <b>OLD FASHIONED CHOCOLATE DOUGHNUTS</b> REG. \$1.39 <b>\$1.19</b>	<b>SAVE 20¢</b> <b>CHOCOLATE WALNUT COOKIES</b> REG. \$1.39 <b>\$1.19</b>

**LOW, LOW PRICES**

<b>SIGNAL MOUTHWASH</b> \$2.99 VALUE 24-OZ. 40¢ OFF DEAL YOU PAY <b>\$2.19</b>
<b>COLGATE TOOTHPASTE</b> WINTER FRESH, \$1.48 VALUE (REG. 7-OZ., GEL 6.4-OZ.) 25¢ OFF DEAL YOU PAY <b>\$1.29</b>

**LOW, LOW LIQUOR**

<b>CHRISTIAN BROS. BRANDY</b> 80° 1.75 LITER <b>\$11.99</b>	<b>ROBERT MONDAVI WINE</b> RED, WHITE 1.5 LITER <b>\$3.99</b>
<b>KAHLUA LIQUEUR</b> 53° 750 ML <b>\$8.99</b>	<b>SMIRNOFF VODKA</b> 80° LITER <b>\$6.99</b>
<b>TANQUERAY GIN</b> 80° 750 ML <b>\$8.99</b>	<b>JIM BEAM WHISKEY</b> 80° LITER <b>\$6.99</b>

**PARK and SHOP Discount Food Markets**

**OUR PRICES SAVE YOU MORE**

1850 SOLANO AVE. • BERKELEY • 2655 TELEGRAPH

Prices Effective Seven Days, Wednesday thru Tuesday

April 27, 1982. No Sales to Dealers







# Consumers Mart

• A DIRECTORY FOR SALES AND SERVICES

## APPLIANCES

### REFRIGERATOR RECOLORING

WE REFINISH ALL  
MAJOR APPLIANCES  
ANY COLOR

IN-HOME TOUCH-UP

532-2692

Since 1951

## CREDIT

### NEED !!? CREDIT !!?

Turned down for  
CREDIT? BANKRUPTCY?  
AUTOMOBILE?

NEED

VISA? MASTERCARD?

Let the experts help you.

Results guaranteed

CALL

CONSUMER CREDIT

ALLIANCE

(415) 892-0554

## ELECTRICAL

### ALL ELECTRICAL SUPPLIES

20% to 40%  
DISCOUNT  
FREE  
ESTIMATES  
For homeowners and  
contractors

PLAZA ELECTRIC

527-5373

1041 San Pablo Ave., Albany

C10-248462

## HEATING

### HEATING

Air Conditioning &  
Sheet Metal Work

• ESTABLISHED 1932

State License 218716

GRANHOLT

Sheet Metal Works

PHONE 525-5721

501 San Pablo, Albany

## GARDENING

### STEVE'S

Trim top remove plant  
Difficult removals

Trees and  
Garden

787-1387 free est.

## GARDENING

### VINCE'S GARDEN TREE SERVICE

Pruning  
Trees-Shrubs  
Trimmed & Cut Down

Lawns & Decorative Rocks

COMPLETE YAPD CLEAN-UP

222-3888

Free Est. Insured

No Cost Lit.

Free Est. Insured

## RESTAURANTS

### JUAN'S PLACE

Mexican-style  
food, beer  
and wine

OPEN 7 DAYS

A WEEK

11:30 am-10 pm

weekdays

3-10 pm Sat & Sun

9th and Carleton, Berkeley

845-6904

## SPIRITUAL READING

### SPRINT READING

I am not a common  
not read by cards or  
through God's gift  
will help give helpful  
afraid of life, such as  
riage, business, mar-

GIVE LUCKY DAY

BERS! WILL CA-

FRIENDS AND EN-

NAME WITHOUT A

WORD!"

547-8888

## DESIGN

### DESIGN/DRAFTING

• RESIDENTIAL • COMMERCIAL  
FOR NEW AND/OR  
EXISTING STRUCTURES

• EST. • REASONABLE • UNDER CONTRACT

PINOLE.....724-6363

ALBANY.....524-1530

RODRIGUEZ & ASSOC.

## DRAFTING

## FIREPLACE

### FIREPLACES

• Inspect—Repair

• Correct—Remodel

• Porches & Steps

• All Brick Work

Lic. #327662

Bonded—Insured

Roy Anacleto

526-7555

Since 1939

## HOME REMODELING

DAVID E. SMITH  
HOME  
REMODELING  
CONTRACTOR

Design And  
Building

Lic. #349641

• Earthquake Protection

• Room Additions, Decks

524-2453

549-0267

Eves Days

## PLUMBING

PLUMBING & HEATING REPAIR SERVICE • WALL & FLOOR FURNACES  
Specialists in RADIANT STEAM - GAS HEATING CONTROLS & THERMOSTATS  
WATER HEATERS - GARBAGE DISPOSALS

ESTIMATES  
NEW CONSTR  
& REMODELING

232-0128 529-1924

STATE CONTRS LICENSE No. 292420

T&B PLUMBING

INC.

(FORMERLY TIMMONS & BERN PLUMBING)

Trud & True Since '32

422 CARLSON BLVD. RICHMOND

## SEWER SERVICE

ELECTRIC SNAKE

DRAINS OPENED,  
PLUMBING REPAIRS,  
WATER HEATERS

\$28.95

SEWER

SERVICE

24-HOUR SERVICE

223-5306

## WINDOW SHADES

NEW - REPAIRED

WINDO  
SHADES

measurements of

W.F. 5-20, 5-30

House of Co

1935 SAN PABLO

EL CERRITO

## INSULATION

## INSULATION

CLIP THIS COUPON — 10% OFF

APRIL SPECIAL

Free Water Heater Blanket with job

CENTRAL INSULATION

★ Selection of quality insulation material installed

★ Very competitive prices

★ No high pressure salesmen

Call for free estimate & info. on P.G.&E. Financing 40% Tax Credits

524-4484

State Lic. 320020

10% off total insulation job with this coupon

Contracts initiated & executed in April '82 only

10% OFF — CLIP THIS COUPON

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Labor & Mtl. Guaranteed

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Contracts initiated & executed in April '82 only

10% OFF — CLIP THIS COUPON

Bonded & Insured

Labor & Mtl. Guaranteed

10% off total insulation job with this coupon

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# Crossword puzzle

**ACROSS**

1 Stringed instrument  
5 Actress  
6 Redgrave  
10 Pounds (abbr.)  
12 Possessive pronoun  
13 First-rate (comp. wd.)  
14 Astronauts ("all right" comp. wd.)  
15 Brutal assault  
16 Bravos (Sp.)  
17 You (Fr.)  
18 Find a sum  
19 Request  
20 Balconies  
21 George Gershwin's brother  
22 Lone  
23 performance  
26 Greek sea  
29 Income from housing  
30 Pronoun  
31 Eager  
32 River (Sp.)  
33 Corruption  
34 Italian island  
40 Inn  
42 Leo's son  
43 Celestial bear  
46 Zedung

**DOWN**

1 Northern constellation  
2 You would (cont.)  
3 Redness  
4 Rather than (postp.)  
5 Asian country  
6 Egg part (pl.)  
7 Compass  
8 Settled in  
9 Newspaper edition  
10 Italian island  
40 Inn  
42 Leo's son  
43 Celestial bear  
46 Zedung

**ANSWER TO PREVIOUS PUZZLE**

Across: 1. Violin, 5. Fanny, 6. Dame, 10. Pounds, 12. Possessive, 13. First-rate, 14. Astronauts, 15. Brutal assault, 16. Bravos, 17. You, 18. Find a sum, 19. Request, 20. Balconies, 21. George Gershwin's brother, 22. Lone, 23. performance, 26. Greek sea, 29. Income from housing, 30. Pronoun, 31. Eager, 32. River (Sp.), 33. Corruption, 34. Italian island, 40. Inn, 42. Leo's son, 43. Celestial bear, 46. Zedung.

Down: 1. Northern constellation, 2. You would (cont.), 3. Redness, 4. Rather than (postp.), 5. Asian country, 6. Egg part (pl.), 7. Compass, 8. Settled in, 9. Newspaper edition, 10. Italian island, 40. Inn, 42. Leo's son, 43. Celestial bear, 46. Zedung.

## WANTED 060

SEE assistant pre-  
mises 5/2/82, approx 8  
NEAT, caring & re-  
sponsible. Apply  
Sally & Terrell Con-  
sultants, 1919  
King Blvd., Rich-  
mond, 1 & 3 p.m.

## ON THE JOB TRAINING

A Eligible Berkeley  
Residents Only  
Positions open  
immediately:  
1 Maintenance Tech  
2 Groundskeeper  
3 Parts & Order Clerk  
4 Interviewers  
We have 4 of the 5  
above.  
1. Positive attitude  
2. Knowledge of hand  
3. Landscaping exper.  
4. Knowledge of elec-  
trical plumbing and/or car-  
pentry.

## Well organized per-

sonal communication  
skills. Type 35-50 wpm.  
Typical encouraged pay.  
Call 223-1111.

## More information call

Trans Information Cen-  
ter, 2144. These train-  
ing opportunities lead  
to the Berkeley Private  
Security Company, Inc.  
11000 Villa of CETA.

## ROLL Clerk: We are

looking for sharp person  
to work in numbers  
department. Office  
hours. Must type 55 wpm  
know key by touch.  
Interview Call  
7/26/82. Ross, Rich-  
mond area.

## Security Officers

## CAN YOU QUALIFY?

We are presently  
interviewing for  
positions with a  
allowable security  
firm in the  
Richmond area.

## Requirements:

- Must be 21.
- Over 5'6".
- Encouraged to  
be encouraged to  
encourage to  
GED.
- Must have high  
school diploma or  
GED.
- Must have home  
phone.
- Must have transp.
- Must have transp.

## Interviewing

Monday thru Friday  
9 a.m. to 5 p.m.

## California

## Plant

## Protection

21 Macdonald Ave.  
Richmond  
(415) 235-8696  
EOE

## SALES

## HELP WANTED 070

AN excellent opportunity  
for office workers, who  
are looking for out-  
standing second in-  
come. Work as you want  
on new products; man-  
agement opportunities  
available. Introducing  
new products to con-  
sumer market. Dynam-  
ic marketing program.  
Please call Rich-  
mond 457-1654; eves 454-3515.  
Interviewing on April  
22nd only.

## WORK WANTED 075

BERKELEY High School  
Students available for  
part-time work.  
Career Center, 644-6190

## DOMESTICS

LIVE-IN housekeeper,  
1 child ok. Salary, Lovely  
Pinole home. 458-5133.

## EL CERRITO: Live-in

housekeeper, Salary ne-  
gotiable. 525-1058.

## QUALIFIED Home

health care attendant  
needed to care for lady.  
Day shift, 40 hrs per week.  
222-0632 aft 4 p.m.

## TV-SOUND SYSTEMS

## -CB RADIO 450

AKAI GX-635 D, open reel  
tape deck. 81-direct  
playback, auto reverse,  
etc. \$600. offer. 237-5899.

## MUSICAL

## INSTRUMENTS 455

2 Roland Symphatizers,  
\$750.  
223-0911 758-7095.

## HALLET DAVIS PIANO

Old, But Plays.  
\$500 or best offer.  
232-9115.

## PIANO, upright

Plays well, needs tuning  
\$450 or best offer  
235-4388, after 8:30 p.m.

## SELMER Flute, mtr-

ophone music stand, excel-  
lent condition. \$150. Dial  
232-1901, after 4 p.m.

## STEREO Sony compo-

nent turntable, receiver, 8  
track cass. deck, \$75.  
232-1711

## RENT A PIANO

Includes 1 hr lesson  
\$10.00 per week  
SHERMAN CLAY  
2135 Broadway, 444-8440

## Remodeling!!!

MUST REDUCE STOCK!  
All new and used pianos,  
grand and organs to be  
sold at low prices.  
Choose from Steinways,  
Baldwins, Chickering,  
Young-Chang, Kimball,  
Lowrey and Hammonds.

## SHERMAN CLAY

Oak Warehouse Only  
We Buy and Rent Pianos  
PARK FREE AT PLAZA  
2135 Broadway 444-8440

## PETS & SUPPLIES 460

3 DACHSHUND long hair  
puppies, 6 weeks old. \$50  
each. 237-0983.

## ALASKAN Malamute/

Golden Retriever  
puppies, \$25 each.  
Call 237-9633.

## PIT BULL PUPS, UKC

purple ribbon, 7 weeks  
old. \$100 ea. 799-7528.

## SHELTIE and Brittany

Pointers to caring  
homes. \$50 each. All  
shots. 235-6402.

## DOBIE PUPPIES

2 females  
\$100 each  
758-0356 after 6 pm

## MORE BEAUTIFUL

baby cockatiels  
\$35, each.  
232-0911, 758-7095

## Purebred Dobe Pups

shaggy, wormed, dewclawed  
\$175 ea. 235-3742,  
7-9 a.m. or 5-7 p.m.

## 5 PIT BULL PUPS

6 weeks old,  
\$50.  
724-0684 after 4 p.m.

## ENGLISH Springer Span-

Beautiful puppies, 5  
weeks, AKC, \$200.  
841-5110

## TEMPORARY OR PART

TIME 065

## PETS & SUPPLIES 460

One female bull Terrier,  
5 1/2 months, ears  
cropped all papers, &  
shots, very friendly.  
\$200. 736-3177

## ANTIQUE 480

COUNTRY pine hutch,  
glassed in shelves on  
top, closed cupboard on  
bottom. 750-43-0655.

## 30th Annual Marin County

Antique Show & Sale,  
April 22, 23, & 24, 511  
Caledonia, Sausalito,  
Hours 12-9, Sat. 12-4,  
Fine Food.

## GARAGE-YARD

## RUMMAGE SALES-

## AUCTIONS 485

3 Family Yard Sale:  
Sat. April 21, 9:30-12:  
336 Coventry Rd., Kens.  
Call 234-3596

## GARAGE Sale: Sat,

272-18th St., S. P. Lot's  
of kitchen utensils,  
clothes, misc. No sale  
before 8:30.

## MISCELLANEOUS

## FOR SALE 490

## 3 SPEED

## MEN'S KE.KE.

\$45.  
Call 525-5267.

## 9 piece dining room set

with hutch, burch. Like  
new. \$1200. 234-1519.

## MOBILE TELEPHONE

icom II, 1 yr old, \$800 or  
best offer. 232-3596

## ORCHID Plants, house

plants, 100's of garden  
plants, Cheap! 525-6948.

## FIREWOOD-seas, Oak,

Madrone \$150 cord + tax.  
Free delivery. 845-7222.

## CROCHETED

Tablecloth,  
eggshell. 133x75.  
Call 234-3670.

## BUNK BEDS: sturdy,

incl. mattress and ladder.  
\$149. Aaron's 653-4706.

## OLD JEWELRY

ALL FOR \$500  
Call 234-0451

## USED wood for sale in

Rich. Young & grooved  
2 1/2" x 5 1/4", 9 ft. long.  
Weekdays 236-0606.

## SPERRY RAND Electric

typewriter, excellent  
condition. \$300. 232-5427  
eves, weekdays.

## 3 hp gas compressor \$150;

cement vibrator \$100; 2  
table saws \$175, \$30;  
236-5636.

## BUTANE lighter, new,

cost \$50, sell \$20; sewing  
machine, just over-  
haul. \$100. 222-0380.

## CRYPT. Sunset View

Klausium, new and  
price \$300, sell for \$750.  
758-1581.

## 31 piece Ovenware, new,

\$65. Metal detector, coin  
ranger. \$80. Call  
232-4104.

## KITCHEN chopping

block, \$50. 232-3155.

## '82 Chrome step bumper

for Toyota 4x4,  
brand new. \$150.  
526-8494

## MATTRESSES &

box springs, in price!  
Travlin Furniture  
El Cerrito 526-1135

## COUCH-wood, avocado,

polyurethane filling,  
seats 3-4 comfortably  
good cond. \$55. 527-5537.

## ANTIQUE oak dresser

with mirror, \$200. 2  
double mirrors. 12 in x 5 ft.  
1920. \$110 ea. 232-8254.

## SINGER 2001 Touch-

tronic sewing machine  
with large cabinet, \$650.  
232-2855.

## HOT WATER HEATER,

40 gallon, \$200. 2  
double mirrors. 12 in x 5 ft.  
1920. \$110 ea. 232-8254.

## FIREWOOD, Split Euca-

lyptus, \$210. Triple  
cord + tax + \$1.50 mi.  
\$200. 534-7387 a.m.

## 10 ft. built in platform

bed, \$200. 232-0573.

## SLATE pool table, all

accessories incl. Excellent  
cond. \$275 or best offer.  
758-2219 after 5 p.m.

## HOSP bed, rails, trapeze,

wheelchair, bath tub,  
rails, seat, walker, quad  
cane. 525. 526-8934.

## CHEV '81 Pickup: king

sized bed; table, 4  
chairs; black naugahyde  
recliner. 19 in  
RCA-TV. 237-6268.

## NEW Vikings 40 channel

CB base & home anten-  
na, \$150; clr 25 in. con-  
sole GE TV, \$75.  
222-0380

## MOVING BOXES-1.51

cu ft. 75c ea or 10 for  
\$5 (reg \$2 ea) Mon-Fri.  
9-4, call Ron or Sally,  
652-2426.

## MISCELLANEOUS

## FOR SALE 490

MATTRESS/box spring,  
Simmons and Serta. Fac-  
tory irregulars 40% to  
60% off.  
Aaron's 653-4706

## MAGNAVOX Odyssey

video game with over  
\$200 tapes, brand  
new. Sacrifice, \$125 or  
best offer. 235-9678 aft 6  
p.m.

## MATTRESS sets: firm,

clean, sanitized. Twins  
\$49. Doubles \$69. Queens  
\$89. Kings \$99. Also  
Serta & Simmons.  
653-4706.

## MUNCIE 4 sp. Good,

\$200; '65 Malibu SS,  
body parts; unfin. car,  
bomber camper for '68 El  
Camino, \$100; heads for  
327 Chev motor; in-  
dust. 1750 reel power  
mower. \$100. 234-1943.

## LUMBER-USED

All sizes, large beams,  
plywood, R/R ties. Large  
inventory neatly dis-  
posed for quick service.

## 805 Marina Way South

Richmond  
(415) 235-9995 or 235-1678

## WATERBEDS: unfin-

ished, \$143. Padded,  
stained, rustic. \$169 ea.  
W/bookee headboard,  
\$199. Over 50 styles.  
Mattress pads, \$12.  
Sheets, \$25. Heaters,  
\$39. Mattresses, \$35.  
Dreamweaver, \$69. Di-  
nettes, \$49. Sola & Love,  
\$199. 5 piece bdrm set,  
\$84. Mattresses: twin  
\$24, full \$34. Bunkbeds,  
\$49. 3 piece bdrm set,  
save \$300; \$21.60/mo.  
A's, \$21 Tennessee,  
Vallejo. (707) 648-1813.

## GE stove, \$200

Whirlpool dryer, \$100  
234-1944

## WASHING machine,

\$100; dryer, \$75. 2 dish-  
washers, \$150 ea. Best  
offer. 232-2477, after 4  
p.m.

## WHIRLPOOL double

oven, exc. cond. \$300  
best offer. Cut out! 28W  
23D 51H. 758-1936.

## WASHERS \$85. Gas &

elec. dryers. \$85. 90 day  
guarantee. Free local de-  
livery. Refrigerators, free-  
zers are also avail. Mike,  
232-9293 anytime.

## RECONDITIONED

HOME APPLIANCES  
Terms. Free delivery.  
Since 1934.  
WICK'S APPLIANCES  
2617 Shattuck, Berkeley  
hous. \$100. 222-0380.

## FOR SALE OR RENT

Largest new and  
reconditioned appliances.  
Commercial washers and  
dryers. All fully warrant-  
ed. Check our prices  
before you buy.  
FREE DELIVERY  
HARDING  
400 Carlson Blvd, Rich-  
mond 529-1350 232-2911

## 15% Off With Ad

Over 100 refrigerators to  
choose from. \$89 & up;  
freezers \$149; stoves, all  
sizes, older & late models.  
Large selection. \$89 & up.  
Washers & dryers \$89 &  
up. Guaranteed parts &  
labor. We deliver. TAYLOR  
Appliances, 10281 San  
Pablo Ave., El Cerrito,  
Ca. Call 526-9055.

## GIVE AWAY 493

2 Male cats, neutered,  
1 yrs old. Good with kids.  
758-2438.

## 3 Extra playful, extra

tough KITTENS.  
Free good homes.  
\$48-095 aft 5 p.m.

## CORVAIR anti sway bar

237-6053

## DOG, Cockapoo, quiet,

easy going male needs  
good home with yard.  
787-1117.

## FREE KITTENS.

To good homes.  
758-7135.

## FREE 1 1/2 year old

female Calico, in fact, de-  
clawed. 529-1155 days-  
Linda; 233-8483 eves.

## BARGAIN

## COUNTER

3 LINES  
4 TIMES  
\$5.50

## ITEMS FOR SALE

Items for sale must be  
priced, not to exceed  
\$250.00. Cash with copy.  
To stop ad, notify us immedi-  
ately. There is no limit to the amount  
of ads one may place. Sorry, no refunds.

## Form:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_  
Call ad on \_\_\_\_\_

## Phone 237-1111 or 843-4800

Mail to: 104 Harbour Way, Richmond, CA 94801



**Astro-graph** Bernice Bede Osol

If your birthday is Wednesday, April 21:

This coming year you should do quite well in enterprises or ventures that require unique methods or techniques. Don't treat lightly any of your inventions or concepts.

**TAURUS (April 20-May 20)**

Propositions that appear to offer you something for nothing today could prove misleading. Test the water carefully before jumping in. Find out more of what lies ahead for you in each of the seasons following your birthday by sending for your copy of Astro-Graph. Mail \$1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to specify birth date.

**GEMINI (May 21-June 20)**

In agreements with friends today, you may have to give a bit more than you get in order to maintain good will in the relationship. All will even out later.

**CANCER (June 21-July 22)**

Career-wise, try to avoid situations today that could cause you to compete with others. Instead, do all that you can to sustain harmony.

**LEO (July 23-Aug. 22)**

There's a possibility you could be a bit too impatient today with people who do not grasp that which needs doing as quickly as you. Be tolerant.

**VIRGO (Aug. 23-Sept. 22)**

Be on the alert in joint ventures today, especially if there are expenses involved. Poor judgment could cause you to pay more than your share.

**LIBRA (Sept. 23-Oct. 22)**

If possible, avoid making snap judgments today. Your first thoughts could lead to wrong conclusions. You get smarter after you study matters.

**SCORPIO (Oct. 23-Nov. 22)**

This is one of those days where you may not work too well if pressured. Keep people who aren't essential to your projects at arm's length.

**SAGITTARIUS (Nov. 23-Dec. 21)**

This should be a rather pleasant day, provided you seek pals who are too demanding or dictatorial. Seek chums who are as fun loving as you.

**CAPRICORN (Dec. 22-Jan. 19)**

Try not to bring outside problems or pressures into your home today. They could disrupt family harmony and create unnecessary friction.

**AQUARIUS (Jan. 20-Feb. 19)**

You may have to deal with someone today who is a bit more temperamental and argumentative than usual. Don't give in to any of his or her demands to lean on you.

**PISCES (Feb. 20-March 20)**

In situations affecting your finances or security, you are likely to be better off today if you are able to operate independently.

**ARIES (March 21-April 19)**

Rely more upon your mental resourcefulness today than on trying to muscle things through. Good ideas will succeed. Strong-arm tactics won't.

**PINOLE 630****BEAUTIFUL** Cluster home with hot tub, 2 bedrooms, 2 1/2 bath, new carpet, Call John or Larry, 222-7083, 225-3800 or 229-2822, Agent.**KEEP THE WOLF AWAY**

Buy Grandma's 2-bdrm. San Pablo home for only \$56,500. Call for appl., ask for Red Riding Hood.

**WHEN YOU WISH UPON A STAR...**

not much happens? So don't call to see this 3 bdrm. Pinole home unless you want to buy a house!

**THIS HOUSE RUNNETH OVER**

with things & more things. If you have vision & \$30,000 you can buy this Hercules 4 bedroom, 2 bath home with formal dining, 2 main level fireplaces, 2 two family rooms & a lovely landscaped yard too. Don't miss it!

**RUSTIC RICHMOND VIEW**

2 bedroom charmer with beautiful view & deck. Only \$85,000. Call today!

**Better Homes**

PINOLE 722-3800 724-3800

**RICHMOND 660**

ATLANTIC 3 bdrm, \$30,000, 222-2002, eves, weekends.

**N & E. Large 3 bdrm, 1 bath, 400 sq ft rec room. Near everything. \$87,500. Terms. Owner, 225-7209.****GIVEAWAY BY OWNER, \$69,500, 2 bdrm, 2 bath dollhouse. No qualifying. 222-7538 aft 6 pm.****LOCATORS 223-4441**

Family 4 bedroom home in Richmond or 2 bdrm, large lot, \$75,950. Willing to finance FHA or GI with low down payment. G-82.

**Only \$6500 Down**

Owner carry-bid 3 bdrm home on corner. 2 bdrm, 2 bath dollhouse. No qualifying. 222-7538 aft 6 pm.

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Owner carry-bid 3 bdrm home on corner. 2 bdrm, 2 bath dollhouse. No qualifying. 222-7538 aft 6 pm.

**LOCATORS 223-4441**

Family 4 bedroom home in Richmond or 2 bdrm, large lot, \$75,950. Willing to finance FHA or GI with low down payment. G-82.

**Only \$6500 Down**

Owner carry-bid 3 bdrm home on corner. 2 bdrm, 2 bath dollhouse. No qualifying. 222-7538 aft 6 pm.

**LOCATORS 223-4441**

Family 4 bedroom home in Richmond or 2 bdrm, large lot, \$75,950. Willing to finance FHA or GI with low down payment. G-82.

**Only \$6500 Down**

Owner carry-bid 3 bdrm home on corner. 2 bdrm, 2 bath dollhouse. No qualifying. 222-7538 aft 6 pm.

**LOCATORS 223-4441**

Family 4 bedroom home in Richmond or 2 bdrm, large lot, \$75,950. Willing to finance FHA or GI with low down payment. G-82.

**Only \$6500 Down**

Owner carry-bid 3 bdrm home on corner. 2 bdrm, 2 bath dollhouse. No qualifying. 222-7538 aft 6 pm.

**LOCATORS 223-4441**

Family 4 bedroom home in Richmond or 2 bdrm, large lot, \$75,950. Willing to finance FHA or GI with low down payment. G-82.

**Only \$6500 Down**

Owner carry-bid 3 bdrm home on corner. 2 bdrm, 2 bath dollhouse. No qualifying. 222-7538 aft 6 pm.

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Handsome brick exterior, needs rehab. Rare buy! Sacrificed! Simmons & Co., Realtors. 225-1121.

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LOCATORS 524-8555 Great Business Opportunity. Incentive location, set up for Chinese-American food to take out. Bargain price includes business equipment & real estate in Richmond, G-94.

**APARTMENTS FOR RENT—FURNISHED 780**

BERK 1 bdrm, fric, bath, carpet, \$265 (fee). HOMEFINDER'S 889-7488

BERK 1 bdrm, quiet, close to campus. \$214. 228-8464.

BERK Grant & Vine, 2 rm studio for single. Hardwood. \$325. 572-0441.

BERK Hills, Studio, yard, view, quiet. \$325 (fee). HOMEFINDER'S 889-7488

**BERK 2404 FULTON**

Near Channing, Hot (90 degree) pool. Private balconies, view. Architectural details, security bldg, and garage. 1,2,3 bdrms. \$525-\$585; 2 bdrm, \$570-\$585. 727-9845

SP 2 bdrms. Quiet. Conventional location. 235-9336 or 235-1227

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# Food

## Kitchens with character

Contents, style  
make personal  
statement

By JOY IMBODEN  
Correspondent

I love to snoop in other people's kitchens. Give me a few minutes to take in the ambience, a minute to look at the appliances and gadgets, plus a quick poke through the refrigerator and the cupboards—then I have an intimate sense of the kitchen's

The style and contents of your kitchen make a personal statement that has little to do with money (although it certainly makes a difference in the lengths to which you can go to express yourself). What is important to speed and efficiency, order and calmness, warmth, coziness, naturalness, haute cuisine, organic living? The kitchen will tell.

Kitchens are almost always in need of alteration, which I redesigned down to the last inch five years ago. I already wants more open shelves to display jars of preserves and grains, more hooks for new utensils, deeper drawers for machinery, shorter stools for taller children, paint.

Sometimes the simple addition of a chopping block or an overhead pot rack can transform a previously workable space. Be forewarned, however—sometimes small change can lead to revolution, as it did in my first kitchen.

### Light that led to change

With the exception of a hideous brass lamp which hung over the table, that kitchen wasn't too bad. I adapted the lamp by painting the walls cheery yellow and putting up window curtains—all the while wishing for a big modern globe light.

One year my husband surprised me by installing a new light fixture for my birthday. Suddenly the quaint country kitchen looked like Tobacco Road. Down came the curtains. The extra light revealed the dismal state of the tile floors and the linoleum floors. They had to go. Before we knew it we were ankle deep in plaster dust as we tore out the cabinets and walls. Of course, once the kitchen was gutted the shabby living room floor had to be redone, and a bathroom overhaul, etc. etc. It was the most expensive globe light.

If you are considering remodeling your kitchen you need to take into consideration the following three caveats: it will cost more than you expect; it will take longer than you expect (both in terms of contractor time and your own involvement); and it will make much more of a disruptive mess than you expect.

### How much will it cost?

To modernize your cabinets with new facing and replace your vinyl floor may cost \$2,000. Gutting the kitchen, knocking down walls and restarting from scratch could easily cost \$50,000. You can expect interest of more than 19 percent on a home improvement loan—translate: \$510 a month for a fifteen-year, \$30,000

The resale value of your home will go up, but the increase depends on what you do and how much you do. According to Berkeley realtor Helen Guay, you can expect to profit on a face-lift but only get back half of the costs on a full-scale remodel. Says Guay, "The slick modern kitchen is passe, and country sprawl is in. Everyone wants a big all-purpose room now. Knock down the walls and make an informal space where the guests can hang out with the cook, the kids can do their homework, the dog can lie by the hearth. Save yourself a bundle by doing it up, with open shelving and utensils that show." Getting really pragmatic about it, let's say you plan to stay in your home in two years and you spend two hours a day in the kitchen (365 days x 2 years x 2 hours = 1,460 hours). If you spend \$30,000 to remodel but get half back when you sell, the kitchen costs you \$15,000, or just over one hour of use.

But who thinks in such terms when faced with the prospect of warm oak flooring, a commercial range, a countertop "garage" for the Cuisinart, and cupboard doors that repel children's fingerprints like magnets with their north poles juxtaposed.

### Getting on with the job

So you decide to go ahead with the job. Keep a notebook in the kitchen to jot down your design ideas as you're cooking meals. What specifically works about your current kitchen set-up, and what about it drives you nuts? Get input from other family members too. Be truthful about your personal cooking style and don't worry about the aesthetics' built-in wok, convection oven and trash compact-

or ideas from magazines, talk to friends about their kitchens and the contractors they used. Day-dream and jot notes on your fantasy kitchen. Recall details of favorite kitchens in your childhood.

Go on a kitchen tour such as the one sponsored each year by L'Ecole Bilingue, the French bilingual school. A tour of nine fabulous kitchens in Berkeley and Northland will be held this year Sunday, May 2. The funding event costs \$20 for the self-guided tour, lunch and wine demonstrations. For ticket information call 654-4400 or 841-2163.

Two Berkeley kitchens on the tour include one designed by architect Hiro Morimoto for the owners, both time professors at the university, and another in the home of Sy and Bonnie Grossman (see photos following page 26).

The Grossman kitchen is as much a museum as it is a kitchen area. The couple collects kitchen antiques and African folk art. Every available inch of wall seems to be covered with these venerable tools—citrus juicers, grating graters, choppers, whisks, pudding molds, rolling pins, mostly hand-made and well-used.

The clean-lined Berkeley remodel by Morimoto is in stark contrast to the warmth of the Grossman and Morimoto kitchens pictured on this page. The walls between the small rooms were removed to bring in more light and air for greater efficiency. The look is now white, uncluttered, almost virginal.

The owners enjoy cooking but need to budget their time well. They use double ovens to prepare main dishes and reheating the meals quickly.

When you're ready to prepare plans for redesigning your kitchen, consider talking with a kitchen consultant or architect or contractor. The specialist's expertise can often save you money.

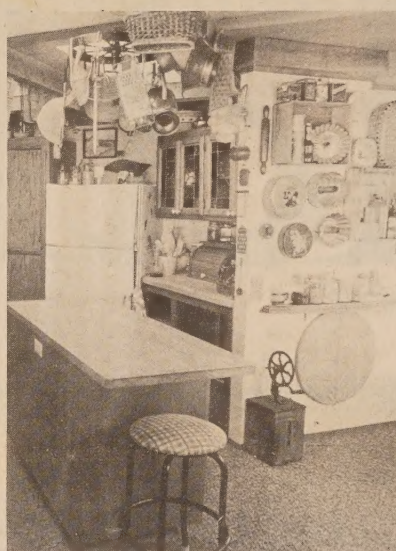


### Joyce Goldstein

There's no mistaking the kitchen of a professional cook. Joyce Goldstein, left, head chef at Berkeley's Chez Panisse's Cafe, designed her home kitchen for action. The enormous professional range is surrounded by all the utensils she uses most frequently, as well as a profusion of oil, vinegar and wine bottles. "I cook fast, often over high heat, so I want everything within an arm's reach." The stove is two inches lower than normal, so the cook can peer into her pots to see what's happening. Opposite the stove, on the other side of the island, is a 30-inch deep counter, providing ample room for both small appliances and "prep" (the pro's term for peeling, chopping, rolling, kneading). Goldstein and her three teenagers, accomplished cooks themselves, can work simultaneously without collision. Anyone not working can kibbitz from the dining room, which adjoins the kitchen.

### Janet Feagley

The kitchen of Jan and Jerry Feagley was part of the 1977 remodeling of their entire home at Point Richmond. The 60-year old house, which sits a few feet above the waters of the Bay, was completely gutted and redesigned in an open manner with hugh redwood beams dividing the angled spaces. The cozy kitchen has spectacular bay views on two sides. As Jan says, "Coming home here is like going away without going away." Although the kitchen is small, it is very workable with a butcherblock table in the center of the room. Utensils, current and antique, as well as nautical antiques, hang from the ceiling and decorate the walls. Custom made oak cabinets with leaded glass doors tie the style of the kitchen with the rest of the house.



### Cherie & John Ysunza

Owners Cherie and John Ysunza of Richmond liked the basic layout and style of the original kitchen, right, in their older Richmond home. They wanted to replace their aging appliances, some of the cabinets and tilework, and the cracked ceiling without destroying the traditional flavor of the room. Working closely with designer Carlene Anderson at Custom Kitchens in Oakland, they angled the new Chambers cooktop in the corner to echo the diagonal lines of the bay window. Now there are convenient counters on either side of the cooking surface, where before the stove stood alone against the wall. Infra-red lamps under the range hood keep foods warm or speed the raising of yeast doughs. The Ysanzas are particularly pleased with their new ceiling, made of stamped tin. John Ysunza, who is a ceiling contractor, had installed a similar Victorian ceiling in Richmond's Hotel Mac. The old light fixtures were found at Sunrise Salvage.



### Camille Zulpo

This kitchen at right, in the Point Richmond Victorian home of artist Camille Zulpo, has not been changed much since it was built. The kitchen actually spreads through three tiny rooms—the eating/cooking room, the pantry/sink room, and the refrigerator/laundry area on the back porch. The old Wedgewood stove still works perfectly.

Zulpo tore up the linoleum to reveal the pine floor beneath, and made a long butcher block table for food preparation. The high ceilings give her ample wall space on which to display a delightful assemblage of ceramics and memorabilia. The cantaloupe bowls are among the most popular ceramics she manufactures for the North Berkeley gift shop, Zebra, which she co-owns with her sisters and mother.

—Staff photos by Michael Russell





# Taste Marvel

**Latest research confirms MERIT delivers the taste of cigarettes having up to twice the tar.**

Many low tar cigarettes make taste promises. But only 'Enriched Flavor,' MERIT offers *proof* not promises. Proof through extensive smoker taste tests.

## **MERIT Taste Does It.**

In impartial new tests where brand identity was concealed, the *overwhelming* majority of smokers reported MERIT taste equal to—or better than—leading higher tar brands. Even brands with up to twice the tar.

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Year after year, in study after study, MERIT remains unbeaten. The proven taste alternative to higher tar smoking—is MERIT.



# MERIT

**Kings & 100's**

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Kings: 7 mg "tar," 0.5 mg nicotine—100's Reg: 10 mg "tar," 0.7 mg nicotine—100's Men: 9 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Dec '81